EVERY PARENT & CHILD

England & Wales · Charity number 1087969

Details

Other names	ENFIELD PARENTS AND CHILDREN, ENFIELD PARENTS CENTRE, EPC
Status	Registered
Legal form	Charitable company
Company number	04226256
Registered	2001-08-10
Register	View on the Charity Commission register

Contact

Address	Community House 311 Fore Street London N9 0PZ
Phone	02083736247
Email	enquiries@epandc.org.uk
Website	www.epandc.org.uk

Activities

Objects: TO ADVANCE THE EDUCATION OF CHILDREN RESIDENT OR EDUCATED IN THE LONDON BOROUGH OF ENFIELD AND SURROUNDING AREAS REGARDLESS OF CULTURE, BELIEFS OR LANGUAGE WHO, BECAUSE OF DIFFICULTIES IN THE SCHOOL OR HOME ENVIRONMENT, REQUIRE SPECIAL ASSISTANCE TO HELP THEM COMPLETE THEIR EDUCATION.

Activities: To promote any charitable purpose by the advancement of education of children resident or educated primarily in London Borough of Enfield regardless of culture, beliefs or language who, because of difficulties in the school or home environment, require special assistance to help them complete their education.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Disability
- **Who:** Children/young People, People With Disabilities

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Geography

- **Area of benefit:** PRIMARILY THE LONDON BOROUGH OF ENFIELD
- Enfield

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£210,369	£213,680	-	-
2024-03-31	£113,504	£147,350	-	-
2023-03-31	£135,280	£196,902	-	-
2022-03-31	£257,397	£274,928	-	-
2021-03-31	£365,991	£360,860	-	-

Trustees

Name	Role	Appointed
Eve Stickler		2025-07-15
Ingrid Cranfield		2014-03-12
Jane Hessami M ed		2022-07-19
Leo Meggitt		2017-05-03
Sarah Tite		2023-07-18
Sudipta Ghosh		2017-05-03
THOMAS BOADU		

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EVERY PARENT & CHILD

England & Wales - Charity number 1087969

Accounts

Company No. 4226256
Charity No. 1087969

Every Parent & Child
(A company limited by guarantee)

Report and Financial Statements
For the Year Ended 31 March 2025

Community House 311 Fore Street
London N9 0PZ

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Legal & Administrative Information

Company Charity name	Every Parent & Child (known as EPC) (formerly Enfield Parents & Children)
Registered office and operations address	Community House 311 Fore Street London N9 0PZ
Telephone	020 8373 6243
Website	www.epandc.org.uk

Directors (also known as Trustees)

Chair	Ingrid Cranfield
Treasurer	Sudipta Ghosh
Company Secretary	Jaspal Dhani (Acting)
Directors	Thomas Boadu Ingrid Cranfield Sudipta Ghosh Jane Hessami Leo Meggitt (Vice Chair) Sarah Tite
Chief Executive	Jaspal Dhani
Independent Examiner	TACTS Accountant 61 Fountains Crescent Southgate London N14 6BD
Bankers	Barclays Bank 4-6 South Mall Edmonton London N9
	CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

Charity registration number: 1087969
Company registration number: 4226256

Trustees' Report

Objectives and Activities

Every Parent & Child (EPC) is a well-known and respected Enfield-based charity that provides much-needed services to children, young people and families. We are valued by families, professionals and other voluntary organisations for the expert and timely advice, practical help and emotional support that we give to families. Many of our families tell us how much difference our support makes to their lives.

This report features the highlights across our services during 2024-25.

Charitable Objective

To advance the education of children resident or educated in the London Borough of Enfield and surrounding areas, regardless of culture, beliefs or language, who, because of difficulties in the school or home environment, require special assistance to help them complete their education.

We achieve this through:

- Ensuring children and young people are better able to realise their educational potential.
- Informing children, young people and their families about the Special Educational Needs and Disability reforms and their entitlements.
- Working with educational institutions – and society more generally – to provide more inclusive environments for children and young people.
- Supporting children and young people to lead positive independent adult lives, contributing to wider society.
- Engaging with children, young people and parents using our services to ensure their voice is heard when decisions affecting their lives are being made.
- Providing emotional and well-being support to children and young people so that they are better able to manage their emotions and relationships within the school and external settings.
- Providing emotional and well-being support to parents/carers of those we support to manage their emotions and wellbeing.

Our Mission and Vision Statements

Our mission is to contribute to a world where children and young people with Special Educational Needs and Disabilities and those in need of special assistance can thrive.

Our vision is to support children and young people with Special Educational Needs and Disabilities or who require special assistance, and their families, to succeed in education and community life to improve their life chances.

Our Services

Staff changes during the year

Following the departure of Anna-Dialechti Koloni last year, we welcomed Lucy-May Robin as Anna's successor in the role of Child Health Community Champions Lead. Lucy is a qualified early years professional, with 15 years' experience of working in the early years sector and holds a First-class Honours degree in Early Childhood studies. In 2023, Lucy gave birth to twins and had to perform CPR on one child who was then two weeks old. This, alongside her personal experiences of breastfeeding and motherhood, spurred Lucy into volunteering with the ABC Parents project, supporting mothers in the community and making a real difference.

Starfish

The Starfish Project enables children to develop communication, social and educational skills in order to participate fully in their education and reach their full potential. Children at risk of social exclusion will have access to an enriching programme of support, which will lead to an improvement in emotional wellbeing, more participation in school and the wider community and engagement with learning.

Transition from primary to secondary school is an extremely challenging time in some children's lives, especially for those children who may already be at risk of social exclusion and underachieving. Evidence shows that children are often emotionally, socially and linguistically unprepared for the change. These concerns often begin in years 4 and 5 and those children who are already vulnerable (because of family circumstances, special educational needs and speech and language issues) face particular and specific challenges which affect their attainment, participation, self-esteem, wellbeing and progress in the final years of primary school. Children with low levels of self-esteem and subjective wellbeing are often not equipped with the tools and strategies to cope with such a huge change in their lives and benefit from specific, targeted support to be able to deal with the challenges ahead.

Starfish continues to support primary age children in Key Stage 2 who are at a disadvantage in terms of their chances of making a successful transition to secondary school, to develop the skills and confidence to participate, engage with learning, value themselves and believe in their capacity to progress and do well both socially and academically. The project will show them how to present themselves positively and how to engage with other people as well as building social capacity and developing strategies they can use to progress and achieve.

The core elements and project pathways promote stronger personal, social and academic performance as well as developing equal access to wider opportunities and a range of different experiences. The project will improve self-esteem, mental health and wellbeing and children will be supported to be active citizens in their schools, society, community and family.

The project is delivered in nine primary schools in LB Enfield, with children initially taking part in the Aspire and Shine pathway; targeted children will also be referred to the most appropriate Starfish pathway for their needs.

The nine local primary schools included:

- Fleecefield
- Starks Field
- Wilbury
- St Edmund's
- Latymer All Saints
- Houndsfield
- Galliard
- Brettenham, and
- Churchfield.

Delivery of the Mentoring, Ready Steady Grow! and Family Art Club pathways was supported by Edmonton Community Partnership, Blanco Activities, and Tiger Monkey.

Starfish impact

A total of 372 children had access to an enriching programme of support consisting of six different Starfish pathways, which contributed to an improvement in emotional well-being, increased participation in school and better engagement with learning.

1. **Starfish Aspire and Shine**: Life and communication skills training encourages collaborative learning and team work as well as developing resilience, problem-solving skills and school engagement. The sessions, themed around tolerance and respect, encourage children to value themselves and provide access to new opportunities and experiences.
   - Delivered in five schools, 196 children benefited from The Aspire and Shine pathway
   - 3 full day sessions per group of 30 children from each school
   - 90% felt more confident
   - 93% reported that they now speak up more in class.

Quotes from participants:

"Starfish is helpful for me because it has made me more courageous."
"Starfish is helpful because I don't have to be nervous anymore."

2. **Starfish Young Leaders:** Young Leaders will plan and develop their own school-based projects for change, developing self-advocacy and leadership skills through practising teamwork, improving interpersonal relationships and exploring problem-solving, peer learning and making safe choices.
   - Delivered in eight schools, 96 children participated in the Young Leaders pathway
   - 88% reported that they can now make friends more easily
   - 90% reported feeling less nervous about trying new things.

Quotes from participants:

"We learnt tolerance because we all had different opinions leading to us respecting others."
"I improved on my confidence and bravery."

3. **Starfish Mentoring Pathway:** The project will train mentors to provide one-to-one and group mentoring sessions in all the primary schools. There will be a focus on raising self-esteem, managing friendships and developing positive peer relationships as well as developing resilience, confidence and social skills.

- Delivered in eight schools, 12 students participated in the Mentoring pathway
- 100% of participants enjoyed the sessions and said that what they learnt would help them in the future.

Quotes from participants:

"I am more confident putting my hand up in class."
"I feel safe and it helps me control anger and respect others' feelings."

4. **Starfish Ready, Steady, Grow!** A pathway developing physical wellbeing sessions for targeted children. The sessions will support children to develop concentration, self-control and determination. Increased social contact and experience through weekly exercise sessions will improve physical and mental health and support children to socialise and make new friends. This will lead to an improvement in their confidence, reduced anxiety and improved ability to cope with stress.
   - Delivered across two schools, 30 children participated in the Ready, Steady, Grow! pathway
   - 100% reported feeling more confident
   - 92% reported that they can now take part in more school activities.

Quotes from participants:

"I am less nervous now."
"I'm more confident and can speak up for myself now."

5. **Starfish Family Arts Club:** EPC's partner, Tiger Monkey, delivered the after-school arts clubs in Starfish schools to encourage parents to come into school and work on arts-based projects with their children. The clubs encouraged family cohesion and supported parents/carers with children's development and learning as well as encouraging fun and creativity.
   - Delivered across two schools, 30 children were supported in the Family Arts Club pathway
   - 87% reported that they were able to make friends more easily
   - 8-% said they felt less nervous about trying new things.

Quotes from participants:

"I loved seeing my Mum being this creative."
"I loved the day that I played with my Dad and my friend Lily."

6. **Starfish Play Therapy:** This pathway will be for targeted children, depending on individual needs. Children who have specific emotional, social or mental health issues will have access to play therapy sessions with a qualified therapist on a one-to-one basis. Children will develop confidence and self-esteem, wellbeing and enjoyment as well as speaking up in class, increased positive behaviour and class cohesion. Children will be encouraged to join in new activities, be more engaged in class and have increased resilience in managing friendship difficulties.

- Awaiting evaluations – All current school evaluations mention that children have left sessions much happier. Overall feedback from schools has been positive, and schools are keen for Play Therapy to continue so that other children can benefit.

Next steps

For Year 2, we will continue to maximise the number of children attending each pathway whilst focusing on the quality of delivery. We will also focus on reviewing and refining each of the pathways to ensure children get the best possible results from participating in Starfish. This will include:

- Improving referral criteria and making sure schools have a full understanding of whom to refer to, and to which pathway
- Reviewing evaluation processes to obtain the most detailed feedback to effectively demonstrate that we are meeting project objectives
- Strengthening relationships and working collaboratively with schools, partners, therapists and facilitators.

ABC Parents Project

ABC Parents, a paediatric community outreach programme in Enfield and Haringey, aims to address health disparities and reduce unnecessary emergency department visits for children under five in North Middlesex Hospital area. The initiative tackles the lack of child health knowledge, parental confidence and sustainable communities. By providing education and resuscitation training and empowering parents to manage child health concerns, it aims to decrease the reliance on acute services.

Screening for health disparities and providing in-person and virtual support sessions aid in reducing stigma and improving parental advocacy for community support. The programme's multidisciplinary approach, backed by various local organisations, fosters a community of resources for families, with a network of trained parent champions supporting this initiative. This partnership, supported by North Central London Integrated Care System and Public Health, focuses on coproduction with families at its core, aiming to build sustainable community health and wellbeing.

Parental fear, doubt, isolation and a lack of knowledge are all key drivers in health behaviours and important determinants of A&E attendance. Parents often doubt their own ability or judgement and this lack of confidence can prevent them from even attempting 'self-care'.

Results

- **Increased Champion Engagement**:
  With the appointment of the new Champions Lead in June 2024, there was a marked increase in Champion recruitment and engagement, particularly during the summer months. This has contributed to an enhanced sense of community and support across the project.

Training Success:
The collaborative efforts of the Champions Lead and Project Lead resulted in a substantial increase in the number of individuals trained, which was crucial in securing funding for 2025–26.

- **Pathways for Champions**:
New pathways were created for Champions, allowing them to better utilise their skills and lived experience to support the project. This has provided them with more opportunities for growth and development, enhancing both their personal empowerment and their impact on the project.
- **Funding Secured for 2025–26**:
Through the efforts of the team and the increase in training, funding for the 2025–26 period has been secured, providing financial stability and an opportunity to expand the project.
- **Creche Policy and Operational Guidance**:
The collation of the creche policy and appendices has provided clear operational guidance to creche workers, improving consistency and efficiency. Additionally, the updated government legislation has allowed us to reinstate the affected creche worker, enabling us to run the creche at a similar capacity to last year.

The project has faced a few significant challenges in the past year, including recruitment gaps, staffing turnover, and creche worker shortages. Despite these obstacles, the team's collaborative efforts have resulted in several positive outcomes, including increased Champion engagement, successful training initiatives, and the securing of funding for the 2025–26 period. The collation of the creche policy and the ability to reinstate a creche worker have also contributed to improvements in operational capacity within the creche itself. The ongoing challenges with staffing, support from partners, and achieving full operational capacity remain areas of focus for the coming months. Addressing these issues will be critical to ensuring continued success and growth for the project

Key Performance Indicators

- 20 Community Champions recruited, trained, and retained by Bridge Renewal Trust, coordinated by EPC's Champions Lead.
- 10 Breastfeeding Champions trained and supervised by the Breastfeeding Network (BFN).
- 11 Community Champions retained from 2023/24
- 18 new Champions recruited
- 11 completed statutory mandatory training
- Seven began onboarding

Breastfeeding Champions:

- 11 Level 2 peer supporters
- One Level 3 peer supporter (Anna)
- One additional Level 2 trained in November 2024

Champions sector breakdown
In total, there were 51 accounts of Champion feedback during 2024/25. All but one reported enjoying their experience with ABC Parents; the one respondent who was unsure explained they were unable to actively volunteer due to work commitments.

- 27 out of 51 Champions reported speaking one or more additional languages.
- 22 out of 51 Champions self-identified as needing additional support in areas such as finances, healthy eating, housing, or mental health.
- All Champions indicated they had helped or advised others using the Healthier Together framework and reported engaging in outreach through schools, community groups, word of mouth, and local networks.

Champions outcomes
- Nine Champions entered employment
- Three moved on to further education
- Four undertook additional training to upskill

My Time Counselling Service

Funded by BBC Children in Need, the project started in September 2022 with the aim of supporting children and young people across Enfield, Haringey and Waltham Forest. The project provides:

1. Individual therapeutic 1:1 counselling/play therapy. Providing children aged 5 to 18 with space to explore their thoughts, feelings and difficulties through individual talking and therapeutic play.
2. Closed therapeutic groups in schools to enable children to share their experiences, validate feelings, build relationships and experiment with alternative ways of behaving in a safe and supportive environment.
3. Wellbeing service: a drop-in for older children, either alone or with friends, to access therapeutic support and to learn self-managing techniques such as mindfulness, mediation and visualisation. We hope to help children meet challenges, build emotional resilience and develop coping strategies. We are acutely aware that some children struggle to access our services as they don't want peers to think they have a 'mental health' issue or need 'counselling'. This started off well, but, owing to COVID-19, the

   lockdowns, schools operating in year group bubbles and restriction of students moving around the school, the numbers here have since been minimal. We expect numbers to rise substantially, as the need is, if anything, greater than it was before the pandemic.
4. Developing parenting skills: this is very important as parents play a key role in

embedding and sustaining outcomes the children achieve through the other parts of the project.

Results

The progress and impact of My Time Counselling Service have been both positive and far-reaching. We received referrals through several pathways, including parents/carers, Enfield Early Help and Haringey Early Help, GP surgeries and schools in Enfield, Haringey, west and north-west London. Referrals from so far afield are proof that counselling services are very much needed in other areas and that demand is outstripping supply. We could not support all of the referrals as our geographic target areas are Enfield, Haringey and Waltham Forest. Research shows children learn more from what they 'see' than from what they 'hear', and if parents can role-model 'good and active' mental health care, then their children stand a better chance of reflecting and internalising these habits and incorporating them into their own lives. Influenced by this research, we decided to hold family activity days during the half term, where we focus on good mental health and wellbeing in a relaxed and informal way. With funding from Tesco Community Grant, we commissioned Dionne Ible of Qemamu Mosaics (who featured in the BBC programme 'Make it at Market') to deliver two sessions themed 'Is your cup half full or half empty?' Participants made mosaic tiles to represent the feelings and thoughts that were triggered by this theme. Discussion was developed around what we can do to 'replenish our emotional cups' in our daily lives.

Children/Young people counselled to date

- My Time has supported 75 children in the reporting year.
- Cheryl Ko, our School Drop-in and Family Support Therapist, has been working in Frederick Bremer Secondary School in Waltham Forest, where she counselled four young people each for 10 weeks. Cheryl also worked in Kingsmead Secondary School and is presently supporting four students at Heron Hall Academy.
- The service provided counselling support to a parent whose daughter was accessing My Time Counselling services. My Time was able to instigate a Team Around the Child meeting in the secondary school and instigate additional support for this young person, who was an emotionally based school non-attender.
- My Time has successfully counselled a Haringey primary school child, (who has autism and was not able to articulate his emotions, especially when upset) at our offices, whose sessions came to an end last month. His primary school wanted our services, but unfortunately, My Time could not supply a counsellor, as none was available.
- We will be hosting an end of the project party soon after schools break up for the summer holidays, with the theme 'I Mind my Mental Health', where we will celebrate our achievements and thank the families for supporting and participating in the project.

Work with parents

Although My Time works with children/young people between the ages of 5-18 years who may/may not have special educational needs/disabilities, but whose mental health is at risk, the project has offered counselling to selected parents whose children/young people are being counselled. This has been a professional judgement on the part of the Service Manager, (who is a qualified counsellor) and who has seen the possible benefits for the parent and child in terms of their interaction and emotionally healthier family relationships, if the parent was

counselled. The parent has usually been counselled by the Service Manager and the child by another counsellor within the My Time team of counsellors.

The parents' counselling sessions have brought up several issues for the parents, some directly affecting their relationship with their child and other issues indirectly affecting their relationship. It has also raised their awareness of other ways of interacting, relating and 'being' with their child, provided the safe space to explore this and given them the time, safe and space to see these 'issues' through the 'lens' of their child. In most of these cases (we have counselled five parents to date), the parents were not aware of the impact of their behaviour and language on their child and they have learnt more about themselves, as well as their child. The sessions have given the parents a safe and supportive space to talk about themselves and their parenting challenges without judgement or criticism and a place where they are listened to with empathy and unconditional positive regard – something which very few parents, if any, receive in our society today.

Challenges

- Having an insufficient number of volunteer counsellors meant that some schools did not receive counselling support in a timely manner.
- We are managing a small waiting list due to high demand and the insufficient number of volunteer counsellors.
- Parents are not responding to feedback forms as much as we would like, even though they have been reminded several times.
- Our ongoing recruitment drive for counsellors has been slow. Recently we interviewed and offered the role to four volunteer counsellors. Regrettably, two withdrew their applications for personal reasons; one showed he was not a suitable fit and the offer was withdrawn, and the fourth had a successful start at Hazelbury primary school.

Future aims for My Time Counselling

- To secure continuation funding
- To include the parents more, as this benefits not only the children but the parents/carers as well. The relationship between parent and child/young person improves, giving rise to more harmonious family relationships and dynamics
- To include sessions aimed at secondary aged young people only, particularly on raising confidence and self-esteem.

Case Study

Child X is a six-year-old male who is autistic, has ADHD and is very articulate.
Child X was struggling with social interactions and communication, particularly related to impulsivity and emotional regulation. This was having an impact on his self-esteem and anxiety.

It was hard for Child X to discuss what was happening for him as he could not always identify or articulate his feelings, and he found it hard to focus on subjects beyond his interests. He was referred to My Time because of these issues.

Child X had an emotional meltdown in one of his counselling sessions when told that the

session was coming to an end and he needed to tidy up. He continued to play even though he had been asked to tidy up, and when the instruction was repeated, he threw the toy down, turned his back, went to hide in the corner of the room and became tearful. When asked why he was upset, he was unable to explain or answer. In the following session, the volunteer counsellor explored his behaviour and a series of emotions he might have felt at the time. Using cut-out faces with different facial expressions, Child X was able to cut out the facial expression he felt at the time. The volunteer counsellor explored how the feeling presented itself in him and where he might have felt it in his body. We looked at different coloured paints, what they meant to us and how they made us feel. Using a cut body image and the use of different coloured paints, Child X was able to paint the body parts where he began to feel 'hot' just before this type of meltdown occurred. We then used the association of the colours to name his feelings. We developed a booklet of feelings against colours, which we made in the sessions together – i.e. yellow was his happy colour. This booklet included facial expressions of how Child X thought he might be feeling at each session, and we talked through this.

We then explored and practised ways of calming down when his warning signs appeared and before his feelings escalated. We practised deep breathing, counting to ten, taking time out from the situation if it involved his peers/adults and wrote this all down in his booklet. We talked about the negative impact of his behaviour on himself, on his peers/adults, the impact on his learning and how long this emotionally charged state lasted.

Child X began to understand how this negative behaviour was affecting himself and the impact it had on others. Talking about and naming emotions using art and craft whilst playing, role modelling and practising different coping strategies together enabled Child X to dare to explore other more favourable ways of behaving and 'being'. This increased his confidence and self-esteem levels and gave him lots of opportunities to practice his new social skills. Sharing these strategies with mum enabled her to consider 'what works' in the home environment and continue the emotional dialogue with her son. This gave rise to less stressful interactions between mum and son and gave mum more skills to add to her parenting. Child X now takes his feelings booklet to school with him.

Looking ahead to 2025–26

We will continue to strengthen and expand our role in the ABC Parents project. We are negotiating with the funder for a much larger budget to onboard new pathways, which will address emerging priorities that will better identify service gaps and meet need.

We are very conscious of the fact that the BBC Children in Need funding will end in August 2025. Our priority is to secure continuation funding either from BBC Children in Need or other sources. The My Time Counselling Service remains a critical service for the hundreds of children and young people we support.

We will need to update the ICT systems and support. With the cost-of-living crisis, there has been a considerable increase in the cost of service support that ensures the ICT works and staff get timely support when needed.

Finally, we will continue with our focus on strengthening the Board of Directors with recruitment and training. The current Board of Directors will be focused on updating the Strategic Plan, revising and setting priorities for 2025-2028.

Structure, Governance and Management

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 31 May 2001, and registered as a charity on 10 August 2001. The company was established under a Memorandum of Association that defined the objects and powers of the charitable company. It is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

The Charity was established in 1996 as Enfield Parents Centre.

Recruitment and appointment of members of the Board of Directors

The Directors of the company are also Charity Trustees for the purposes of Charity Law. The Board tries to ensure that it reflects the diversity and needs of the community that is being served by using a variety of avenues for recruitment. These include approaching individuals with particular skills via the Enfield Volunteer Centre and the national REACH website and approaching the Charity's service users via the Charity's website and mailings. The Directors are appointed by the members of the company.

Directors' induction and training

The Charity has an information pack for new Trustees, and prospective Trustees are interviewed by the Chief Executive and Chair. They are offered support before attending their first Board meeting, to explain the duties and responsibilities of Trustees. The Charity takes up training on governance offered by local and national organisations. Trustees may also attend conferences on governance.

Risk management

The Trustees and staff reviewed the updated risk register and the measures taken to manage or alleviate the key risks. As reported last year, funding and sustainability are still a real challenge for the Charity in the medium term and are a serious constraint on our work.

Organisational structure

The Charity has a Board of not fewer than three nor more than 16 Trustees. The Trustees meet approximately every six weeks to review and agree on major areas of policy and the strategic direction of the Charity. At the time of writing, the Board has six members from a variety of professional backgrounds.

A scheme of delegation is in place, and the day-to-day responsibility for the provision of services rests with the Chief Executive. He manages the operations of the Charity, supervises the staff and ensures that the teams continue to develop their skills and working practices. The operations of the Charity are reported to the Board through reports on projects and the Chief Executive's reports and periodic attendance and presentations by project leaders.

Responsibility for reviewing key areas and reporting to the Board is taken by committees consisting of two or three trustees and with responsibility for different areas, such as governance and finance, which meet between the Board meetings or as required. Volunteers are supervised by the service leads.

Pay policy for senior staff

The Board of Trustees is responsible for defining EPC's Management Pay Policy and deciding on the salaries of the Chief Executive, managers, and staff.

It is essential for EPC to have leaders who bring professional expertise, significant leadership experience, and strong capability to develop and grow the organisation to further enhance its reputation in the Borough and beyond. The pay for the management is benchmarked against pay levels in other voluntary sectors in Outer London.

All the Trustees give their time freely and no Trustee received remuneration in the past year. Details of Trustees' expenses and related party transactions are disclosed in notes 2 and 9 on pages 21 & 22.

Related parties

The Charity works in partnership with Enfield and North Central London Clinical Commissioning Group, Children's Services, the SEND Board and other professionals in the Local Authority, as well as the voluntary and community sector.

There is no connection between Trustees or senior managers of the Charity and suppliers of services to the Charity.

Public benefit

The Trustees confirm that they have paid due regard to the guidance given by the Charity Commission on public benefit in deciding what activities the Charity should undertake. The Trustees have concluded that the activities carried out by the Charity have fulfilled the public benefit requirement.

Financial Review

EPC's main funding sources are both restricted & unrestricted funding. This year we were successful in bringing in £210,369 from various sources and have an unrestricted reserve of £138,893 (of which £125,000 is designated), which the charity aims to continue spending on its charitable objects.

Our principal source of income has been through grant funding.

Investment Policy

Investment objectives

The Charity has assets which are invested to provide unrestricted income.

The Charity seeks to produce the best financial return within an acceptable level of risk, which balances the likelihood of losses that may damage the Charity against the potential for benefit and a good return on investment. The Board will ensure it looks at the risk, ethical and time-horizon factors in making investment decisions. It will also require regular reporting and monitoring of the investments to be submitted at Board meetings.

In the previous reporting year, the Trustees took the decision to invest unrestricted reserves in the COIF Charities Ethical Investment Fund provided by CCLA and the Charity Multi-Asset Fund provided by Schroders. This investment has yielded £3,148 for the year.

Reserves policy and going concern

The reserves policy is to hold six months' running costs as free reserves. Free reserves are those funds not tied up in fixed assets or held as designated or restricted funds. Free reserves are held to ensure the continuity of educational services and, given the relative uncertainty of future funding and the long-term viability of the Charity, that adequate funds are available to cover the running costs for six months.

Six months' running costs are calculated as £106,840 The Trustees and management are pleased that the reserves are at the desired level and have decided to use the reserves to invest in further services for our beneficiaries in the forthcoming year. The Trustees are of the view that EPC is a going concern.

This report has been prepared in accordance with the provisions in part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime.

Our Big Thank You

The year would not have been possible without the support of our amazing staff, volunteers, partners, and funders. Thank you for your continued support of Every Parent & Child – together we make communities stronger so that they can thrive.

Approved by the Board on 15th July 2025 and signed on its behalf by:

Ingrid Cranfield.....
Director
For and on behalf of the Board of Directors

Independent Examiner's Report to the Trustees of Every Parent & Child

I report on the accounts of the company for the year ended 31st March 2025, which are set out on pages 18 to 25.

Respective responsibilities of trustees and examiner

The Trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. The charity's gross income exceeded £25,000 and I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountants.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention to indicate:

- that accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- that the accounts do not accord with such records;
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102);
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.

Date: 15/07/2025

Chartered Certified Accountant
TACTS Accountant, 61 Fountains Crescent, London, N14 6BD

Every Parent & Child

Annual Account

For the Year Ended 31 March 2025

EVERY PARENT & CHILD
STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR END 31 MARCH 2025

	Note	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
		£	£	£	£
INCOMING RESOURCES: -					
Incoming resources from generated funds:					
Voluntary income		3,080	-	3,080	132
Investment Income	(8)	3,148	-	3,148	3,055
Incoming resources from charitable activities:					
Grants to provide charitable activities	(10)	-	204,141	204,141	110,317
TOTAL INCOMING RESOURCES		**6,228**	**204,141**	**210,369**	**113,504**
RESOUCES EXPENDED					
Expenditure on charitable activities	(11)	2,791	210,889	213,680	147,350
TOTAL RESOUCES EXPENDED		**2,791**	**210,889**	**213,680**	**147,350**
Net Incomings and (outgoings) resources		3,437	(6,748)	(3,310)	(33,846)
Gains/(losses) revaluation of investment assets	(5)	(4,199)	-	(4,199)	6,524
Net movements in funds for the year		**(762)**	**(6,748)**	**(7,509)**	**(27,322)**
Balances Brought Forward	(14)	**139,655**	**30,559**	**170,214**	**197,536**
Balances Carried Forward	(14)	**138,893**	**23,811**	**162,705**	**170,214**

There were no recognised gains or losses for the above period other than those shown in the statement of financial activities for the above financial year. All incoming resources and resources expended are derived from continuing activities.

(The notes attached form part of these financial statements)

Every Parent & Child

Annual Account

For the Year Ended 31 March 2025

BALANCE SHEET AS AT 31st MARCH 2025

	Notes	£ 2025 £	£ 2024 £
Fixed Assets			
Tangible assets		-	-
Investments	(5)	84,488	88,687
Current Assets:			
Debtors	(6)	29,484	13,821
Cash at Bank and In Hand		119,151	133,095
Current Liabilities:			
Creditors:			
Amount falling due within one year:			
Accruals & Creditors	(7)	70,418	65,389
Net Current Assets		**78,217**	**81,527**
Net Assets		**162,705**	**170,214**
As Represented By			
Unrestricted Fund		13,894	14,655
Restricted Fund	(12)	23,811	30,559
Designated Funds	(15)	125,000	125,000
Total Funds		**162,705**	**170,214**

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The accounts were approved by the Directors and Trustees on 15/07/2025 and signed on their behalf by:

.....
Ingrid Cranfield
Director/Trustee

.....
Sudipta Ghosh
Director/Trustee

Notes to the Accounts

1. Accounting policies

Basis of accounting
The accounts (financial statements) have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. The charity constitutes a public benefit entity as defined by FRS 102.

The accounts have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for twelve months from authorising these accounts and have decided that the charity is able to continue as a going concern.

Income recognition
All income is recognised once the charity has entitlement to the income, there is sufficient certainty of receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably. Grant income received in advance of the period to which they are intended are deferred to that period.

Expenditure recognition
Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that a settlement will be required, and the amount of the obligation can be measured reliably.

All expenditure is accounted for on and accruals basis and is inclusive of VAT.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include independent examination fees and costs linked to the strategic management of the charity. Governance costs which cannot be allocated directly are apportioned on an appropriate basis.

Fund accounting
Unrestricted funds are grants, donations and other incoming resources receivable for the objects of the charity without further specified purpose and are available as general funds.

Restricted funds are grants, donations and other incoming resources which are to be used for specific purposes as laid by the donor. Expenditure which meets these criteria is charged to the fund.
Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Fixed assets
Tangible fixed assets are stated at cost less accumulated depreciation. If the cost of a fixed asset is below £500 it is not capitalised.
Depreciation is provided at rates calculated to write off the cost of each asset, less its estimated residual value, over the useful economic life of that asset as follows:

Office furniture	20% straight line
Equipment	20% straight line
Computers	33.33% straight line

Investments
Fixed asset investments are included at market value. Any gain or loss on revaluation of disposal is included in the statement of financial activities.

Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discounts offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Short term deposits
Short term deposits are deposits with a maturity date of one year or less from the date of acquisition.

Creditors
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial instruments
The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Pension costs
The costs of the defined contribution arrangements are charged to the SOFA as incurred.

Operating leases
Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease

2. Related party transactions
There were no related party transactions that require disclosure during the year.

3. Taxation
The charity has no corporation tax liability because income from its activities is in pursuance of its charitable objectives and all income is applied for charitable purposes.

4. Pension costs

The company charity participates in defined contribution arrangements for members of staff. The employer contribution rate is 6%. There was no outstanding amount at the year end.

5. Investment assets

Listed Investments at market value comprise

	2025 £	2024 £
Unit Trusts:		
Market valuation brought forward	88,687	82,163
Gains and losses on revaluation of investment assets	(4,199)	6,524
Market valuation carried forward	84,488	88,687

All fixed assets investments are held in UK and are unrestricted

6. Debtors

	2025 £	2024 £
Accruals and Prepayments	29,484	13,821
Other Debtors	-	-
	29,484	13,821

7. Accruals and Creditors

	2025 £	2024 £
Accruals & Deferred Income	68,215	63,032
Other Creditors	2,203	2,357
	70,418	65,389

8. Investment income

	2025 £	2024 £
Income from UK listed investments & interest receivable	3,148	3,055
	3,148	3,055

All income from investments is unrestricted

9. Staff Cost

	2025 £	2024 £
Salaries	65,701	64,111
Tax and NIC	6,292	6,331

Pension	4,958	4,700
	76,952	75,142

No employee earned £60,000 or more per annum.

The number of employees during the year was seven part-time.

The trustees received no remuneration, and no expenses were claimed by them.

The average number of volunteers during the year was 20.

10. Income from Charitable Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
	£	£	£	£
Incoming resources from charitable activities:				
ABC Parenting grant	-	70,734	**70,734**	37,747
Enfield CFC Waitrose	-	-	**-**	1,235
BBC Children in Need	-	39,370	**39,370**	36,781
NHS Enfield CCG Grant	-	-	**-**	26,006
Big Lottery Fund - Starfish	-	94,037	**94,037**	8,548
TOTAL INCOMING RESOURCES	**-**	**204,141**	**204,141**	113,504

11. Expenditure on charitable activities:

	Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
	£	£	£	£
Charitable Expenses				
Staff and Salary costs	-	76,952	**76,952**	75,142
Sessional Workers and Consultancy	2,467	52,705	**55,172**	10,165
Recruitment Cost	-	1,450	**1,450**	245
Publicity and Fundraising	-	4,025	**4,025**	-
Rent, Room Hire and Rates	-	20,107	**20,107**	14,420
Travelling and Transport	-	292	**292**	14
Office Expenses & Running Costs.	-	6,463	**6,463**	4,715
Professional Fees	-	1,100	**1,100**	1,100
IT support & Computer Maintenance	-	4,459	**4,459**	4,947
Volunteer Expenses	-	47	**47**	-
Insurance	-	712	**712**	713
Training	-	920	**920**	295
Donation	-	482	**482**	370
Workshops and Activities	-	41,175	**41,175**	35,223

Management Committee Expenses	324	-	324	-
TOTAL RESOURCES EXPENDED	**2,791**	**210,889**	**213,681**	147,350

12. Analysis of Restricted Funds:

	Balance at 1st April 2024	Incoming resources	Outgoing resources	Balance at 31st March 2025
		£	£	£
Big Lottery Fund(Starfish)	4,349	94,037	84,916	**13,470**
BBC Children in Need	-	39,370	39,370	-
NHS Enfield CCG Grant	9,656	0	9,656	-
ABC Parenting grant	16,554	70,734	76,947	**10,341**
	30,559	**204,141**	**210,889**	**23,811**

Purpose:

-Youth development in communication, social and life skills

- Counselling sessions for children and young people.
- Mentoring programme to selected local Primary and Secondary Schools.
- Volunteering.
- Active youth and Improving health and wellbeing.

13. Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total Funds
	£	£	£
Fixed Assets	84,488	-	**84,488**
Current Assets	124,824	23,811	**148,635**
Current Liabilities	70,418	-	**70,418**
Net Assets as at 31st Mar 2025	138,894	23,811	**162,705**

14. Movement in funds

	Unrestricted funds	Designated Fund	Restricted funds	Total
	£	£	£	£
At 1st April 2024	14,655	125,000	30,559	**170,214**
Surplus/(Deficit) for the year	3,437	-	(6,748)	**(3,310)**
Transfer between funds	-	-	-	-
Gains and losses on revaluation of investment assets	(4,199)	-	-	**(4,199)**
At 31st March 2025	**13,894**	**125,000**	**23,811**	**162,705**

15. Designated funds

The directors have earmarked funds for particular purposes and these designated funds are shown above.

- Management Team Structure fund is to provide for any shortfall in management and core function salaries.
- Admin support for EPC fund is for an admin worker to support EPC's structure.
- Volunteer Co-ordinator fund is to provide a post to support all EPC's volunteers.
- Website, IT maintenance & marketing fund is to provide support for EPC's website development, provision for new IT equipment and publicity.
- Fundraiser is to provide for the salary of staff engaged in fundraising.
- Starfish project aims to enable children to develop their communication, narrative, social and educational skills.
- SEND Service is to provide help to parents and children to convert a Special Educational Statements to an Education, Health and Care Plan.
- Counselling Service is to provide counselling sessions for parents whose children are in receipt counselling sessions.
- Cover for funds paid in arrears.
- Redundancies
- Key staff sickness cover.

EVERY PARENT & CHILD

England & Wales - Charity number 1087969

Accounts

Company No. 4226256
Charity No. 1087969

Every Parent & Child
(A company limited by guarantee)

Report and Financial Statements
For the Year Ended 31 March 2024

Community House 311 Fore Street
London N9 0PZ

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Legal & Administrative Information

Company Charity name	Every Parent & Child (known as EPC) (formerly Enfield Parents & Children)
Registered office and operations address	Community House 311 Fore Street London N9 0PZ
Telephone	020 8373 6243
Website	www.epandc.org.uk

Directors (also known as Trustees)

Chair	Ingrid Cranfield
Treasurer	Sudipta Ghosh
Company Secretary	Jaspal Dhani (Acting)
Directors	Thomas Boadu Ingrid Cranfield Sudipta Ghosh Jane Hessami Leo Meggitt Sarah Tite (appointed 18 July 2023)
Chief Executive	Jaspal Dhani
Independent Examiner	TACTS Accountant 61 Fountains Crescent Southgate London N14 6BD
Bankers	Barclays Bank 4-6 South Mall Edmonton London N9
	CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

Charity registration number: 1087969
Company registration number: 4226256

Trustees' Report

Objectives and Activities

Every Parent & Child (EPC) is a well-known and respected Enfield-based charity that provides much-needed services to children, young people and families. We are valued by families, professionals and other voluntary organisations for the expert and timely advice, practical help and emotional support that we give to families. Many of our families tell us how much difference our support makes to their lives.

This report features the highlights across our services during 2023-24.

Charitable Objective

To advance the education of children resident or educated in the London Borough of Enfield and surrounding areas, regardless of culture, beliefs or language, who, because of difficulties in the school or home environment, require special assistance to help them complete their education.

We achieve this through:

- Ensuring children and young people are better able to realise their educational potential.
- Informing children, young people and their families about the Special Educational Needs and Disability reforms and their entitlements.
- Working with educational institutions – and society more generally – to provide more inclusive environments for children and young people.
- Supporting children and young people to lead positive independent adult lives, contributing to wider society.
- Engaging with children, young people and parents using our services to ensure their voice is heard when decisions affecting their lives are being made.
- Providing emotional and well-being support to children and young people in order that they are better able to manage their emotions and relationships within the school and external settings.
- Providing emotional and well-being support to parents/carers of those we support to manage their emotions and wellbeing.

Our Mission and Vision Statements

Our mission is to contribute to a world where children and young people with Special Educational Needs and Disabilities and those in need of special assistance can thrive.

Our vision is to support children and young people with Special Educational Needs and Disabilities or who require special assistance, and their families, to succeed in education and community life to improve their life chances.

Our Services

Staff changes during the year

We were delighted to welcome Anna-Dialechti Koloni, who joined the staff team in the role of Child Health Community Champions Lead. With the uncertainty of funding, Anna left the service at the end of March 2024 to further develop her career. During her tenure, Anna was an outstanding member of the team who applied herself diligently to achieve best outcomes for the service. We wish Anna the very best for the future.

Thanks to securing short-term funding from Awards for All, we were able to appoint Abigail Weekes-Lowe as the SEND Advocate. Funding was used to pilot the service for seven months; however, owing to demand and the success of the service, the Trustees decided to extend the service for a further three months by using the unrestricted reserves. Regrettably, we were unable to secure further funding to continue the project, and accordingly Abigail's contract ended on 30 April 2024.

Starfish

We are delighted to announce that Reaching Communities has awarded £308,304 to this project. Using the new funding, the project started on 4 March 2024. Thanks to the previous success of the project, we have recommissioned Lynne McKinstry, on a freelance basis, to lead the project.

About Starfish

The Starfish Project enables children to develop communication, social and educational skills in order to participate fully in their education and reach their full potential. Children at risk of social exclusion will have access to an enriching programme of support, which will lead to an improvement in emotional wellbeing, more participation in school and the wider community and engagement with learning.

Transition from primary to secondary school is an extremely challenging time in some children's lives, especially for those children who may already be at risk of social exclusion and underachieving. Evidence shows that children are often emotionally, socially and linguistically unprepared for the change. These concerns often begin in years 4 and 5 and those children who are already vulnerable (because of family circumstances, special educational needs and speech and language issues) face particular and specific challenges which affect their attainment, participation, self-esteem, wellbeing and progress in the final years of primary school. Children with low levels of self-esteem and subjective wellbeing are often not equipped with the tools and strategies to cope with such a huge change in their lives and benefit from specific, targeted support to be able to deal with the challenges ahead.

Starfish will support primary age children in Key Stage 2 who are at a disadvantage in terms of their chances of making a successful transition to secondary school, to develop the skills and confidence to participate, engage with learning, value themselves and believe in their capacity to progress and do well both socially and academically. The project will show them how to present themselves positively and how to engage with other people as well as building social capacity and developing strategies they can use to progress and achieve.

The core elements and project pathways will promote stronger personal, social and academic performance as well as developing equal access to wider opportunities and a range of different experiences. The project will improve self-esteem, mental health and wellbeing and children will be supported to be active citizens in their schools, society, community and family.

The project will run in primary schools, with children initially taking part in the Aspire and Shine pathway; targeted children will also be referred to the most appropriate Starfish pathway for their needs.

The six project pathways

1. **Starfish Aspire and Shine**: Life and communication skills training will encourage collaborative learning and team work as well as developing resilience, problem-solving skills and school engagement. The sessions, themed around tolerance and respect, encourage children to value themselves and provide access to new opportunities and experiences.
   - Run in 3 primary schools per term
   - 3 full day sessions per group of 30 children from each school
   - 90 children in 3 schools participate during the term; 240 children participate over the year; 720 children participate over 3 years
   - Year 4, 5 or 6 children.

2. **Starfish Young Leaders:** Young Leaders will plan and develop their own school-based projects for change, developing self-advocacy and leadership skills through practising teamwork, improving interpersonal relationships and exploring problem solving, peer learning and making safe choices.
   - Run in 1 school per term, 8 schools per year
   - 3 full days per course
   - 20 children per school participating; 160 children participating over the year
   - Year 5 children.

3. **Starfish Mentoring Pathway:** The project will train mentors to provide one-to-one and group mentoring sessions in all the primary schools. There will be a focus on raising self-esteem, managing friendships and developing positive peer relationships as well as developing resilience, confidence and social skills.
   - Year 4, 5 or 6 children
   - Group and 1:1 sessions for referred children
   - Transition to secondary group sessions.

4. **Starfish Dojo (martial arts)**: A pathway developing physical wellbeing sessions for targeted children. The sessions will support children to develop concentration, self-control and determination. Increased social contact and experience through weekly exercise sessions will improve physical and mental health and support children to socialise and make new friends. This will lead to an improvement in their confidence, reduced anxiety and improved ability to cope with stress.
   - Run in 1 school per term, 9 schools per year
   - Weekly clubs during the school day or after school
   - 12 children per school participating, 108 children participating over the year
   - Year 4, 5 or 6 children.

5. **Starfish Family Arts clubs:** EPC's partner, Tiger Monkey, will run after-school arts clubs in Starfish schools to encourage parents to come into school and work on arts-based projects with their children. The clubs will encourage family cohesion and support parents/carers with children's development and learning as well as encouraging fun and creativity.
   - 3 sessions per term for parents running in 1 school, 3 schools per year or 1 session per term running in 3 schools – 9 per year
   - 20 parent/carers and children participating in each session
   - 60 parent/carers and children participating per year
   - Parents and children in years 3 to 6.

6. **Starfish Play therapy:** This pathway will be for targeted children, depending on individual needs. Children who have specific emotional, social or mental health issues will have access to play therapy sessions with a qualified therapist on a one-to-one basis. Children will develop confidence and self-esteem, wellbeing and enjoyment as well as speaking up in class, increased positive behaviour and class cohesion. Children will be encouraged to join in new activities, be more engaged in class and have increased resilience in managing friendship difficulties.
   - Run over 3 terms (in blocks of 8 weeks duration)
   - Run in 9 schools with 3 therapists working on a one-to-one basis with children in KS2
   - 3 Play therapy blocks per year, with 18 children in each block
   - Year 3, 4, 5, 6 children.

Starfish Project Outcomes

- Develop children's self-esteem, social and linguistic confidence and life skills through building social and emotional capabilities, enabling children to become more confident and capable of expressing themselves.
- Increase children's capacity for involvement and participation in school and community activities.
- Improve self-expression and techniques which will help in the classroom and outside. Children learn how to present themselves positively and how to engage with other people.
- Fewer behaviour incidents and social interaction issues; children are more able to manage friendships and develop positive peer relationships.
- Develop partnerships between schools and local community and provide additional opportunities for children to create strong and happy relationships and have new experiences.

ABC Parents Project

ABC Parents, a paediatric community outreach programme in Enfield and Haringey, aims to address health disparities and reduce unnecessary emergency department visits for children under five in North Middlesex Hospital area. The initiative tackles the lack of child health knowledge, parental confidence and sustainable communities. By providing education and resuscitation training and empowering parents to manage child health concerns, it aims to decrease the reliance on acute services.

Screening for health disparities and providing in-person and virtual support sessions aid in reducing stigma and improving parental advocacy for community support. The programme's multidisciplinary approach, backed by various local organisations, fosters a community of resources for families, with a network of trained parent champions supporting this initiative. This partnership, supported by North Central London Integrated Care System and Public Health, focuses on coproduction with families at its core, aiming to build sustainable community health and wellbeing.

Parental fear, doubt, isolation and a lack of knowledge are all key drivers in health behaviours and important determinants of A&E attendance. Parents often doubt their own ability or judgement and this lack of confidence can prevent them from even attempting 'self-care'.

Results

Category	Total attendance in workshops
First Aid Course	816
Postnatal Fitness	126
Breast Feeding	268
Neonatal Intensive Care Unit- Peer Support	13
Outreach (Individuals)	1003
Outreach (Organisations)	374
Online workshops	240
Other activities	709
Community Champions attending events	70

My Time Counselling Service

Funded by BBC Children in Need, the project started in September 2022 with the aim of supporting children and young people across Enfield, Haringey and Waltham Forest. The project provides:

1. Individual therapeutic 1:1 counselling/play therapy. Providing children aged 5 to 18 with space to explore their thoughts, feelings and difficulties through individual talking and therapeutic play.

2. Closed therapeutic groups in schools to enable children to share their experiences, validate feelings, build relationships and experiment with alternative ways of behaving in a safe and supportive environment.

3. Wellbeing service: a drop-in for older children, either alone or with friends, to access therapeutic support and to learn self-managing techniques such as mindfulness, mediation and visualisation. We hope to help children meet challenges, build emotional resilience and develop coping strategies. We are acutely aware that some children struggle to access our services as they don't want peers to think they have a 'mental health' issue or need 'counselling'. This started off well, but, owing to COVID-19, the lockdowns, schools operating in year group bubbles and restriction of students moving around the school, the numbers here have since been minimal. We expect numbers to rise substantially, as the need is, if anything, greater than it was before the pandemic.

4. Developing parenting skills: this is very important as parents play a key role in embedding and sustaining outcomes the children achieve through the other parts of the project.

Referrrals

Children and young people are referred to the service via a multi pathway system. Referred children have been identified with the following expereinces:

- Difficulties regulating emotions – particularly for those children/young people on the autistic spectrum and bullying issues
- Low mood – particularly secondary school-aged clients
- High anxiety levels – particularly secondary school-aged clients
- Low-level self-harming
- Low confidence and self-esteem levels
- Friendship issues – impact of social media
- Family issues – death or terminal illness of parent; dysfunctional parents/family
- Emotionally based school nonattendance.

Impact to date

- We have supported 93 children/young people in Year 2 of the project. This is above our target of 80.
- The service supported two different parents with their emotional and wellbeing needs.
- We have planned to co-host two family sessions with a mentoring organization, 2BM Factory, who will deliver sessions on 'Social Media – Friend or Consumer?' The impact of social media on friendships, particularly with our referred secondary-aged young people is very prevalent.

Feedback from children/young people include:

- 'I like the idea of coming to speak to someone.'
- 'I look forward to seeing you.'
- 'I needed this space to just talk and say what I want to say.'

A case study

Child A is an 11-year-old boy who came to join his mum in the UK in November 2022. Mum had left her son with her parents abroad, so she could come to the UK and prepare – get a job, find a home and settle herself before sending for her son.

When Child A arrived, he came into a blended family – mum, stepdad and baby sister. He started primary school in January 2023. Child A found it difficult to adjust to his new school, teachers, friends and country and missed his grandparents terribly. He missed his old way of life in and outside of school and found it difficult to make friends and adjust to the new way of doing things in school.

This affected his confidence and self-esteem, and he was starting to disengage with the few friends he had made and found himself in altercations with them. He became disruptive in class. When he returned home from school, he spent a lot of time by himself in his room playing on his computer and rarely interacting with his family. At school he doubted his academic ability and gave up easily, without trying, even though his teachers thought he was capable and would always encourage him.

School referred Child A to My Time and he was counselled within school time, at school by a male counsellor. After testing the counsellor (this is normal and is associated with trust), Child A began to open and talk about his fears, anxieties and emotions and really utilised the safe space the counsellor provided. Child A has built a very trusting relationship with his counsellor, with whom he talks about his life and what he would like to do in the future. Child A will be transitioning to secondary school in September 2024 and his disruptive behaviors have reduced, with fewer altercations with his friends. He seems more settled now.

Having listened to the challenges experienced by Child A's mother, the service was able to support her with one-to-one counselling.

Child A is currently entering additional counselling sessions with the same counsellor (initially we provide counselling for 10 weeks, with once-a-week sessions). Once the additional sessions have concluded, Child A will receive mentoring support from 2BM Factory.

SEND Advocacy Service

We received a small grant from Awards for All to pilot the SEND Advocacy for seven months. The SEND Advocacy aimed to provide direct advocacy support to families who were experiencing difficulties obtaining support under the SEND Information, Advice and Support Service (SENDIASS) provided by the Council. Initially, the service sought to support children and young people living in the London Boroughs of Enfield, Waltham Forest and Haringey. However, owing to the demand on the service, which was operating just 14 hours per week, we were only able to outreach to schools within Enfield.

We must make clear that the SEND Advocacy Service did not replace the statutory obligations for Local Authorities to provide an impartial SENDIASS in the locality. The SEND Advocacy Service supported the families by directly challenging a school and/or the Local Authority on their failure to support the families.

During the operating period, the service supported 19 families and directly worked with six schools to obtain better outcomes for children and young people.

Examples of cases supported:

1. Client B/R – Education, Health and Care Plan (EHCP) refused – appeal and mediation requested. Council reversed their decision. Family first language not English.
2. Client A and L – letter and attended one meeting with school and Local Authority – got Local Authority and school to reverse decision, so L did not have to repeat nursery and moved to reception with his cohort.
3. Client LK and FW – EHCP was denied for a year 10 student. Parents working with SENDIASS but wanted more robust support. SEND Advocacy Service wrote two letters to Local Authority ref. Section19 Right to Education and EHCP, two-limb test (in law, the first limb is factual causation and the second limb is the scope of liability). Local Authority had unilaterally imposed additional criteria. The SEND Advocate attended one meeting resulting in the Local Authority doing a U-turn and deciding to conduct an Education Health Care Needs Assessment (EHCNA).

Case study:

Parents applied for EHCNA and were helped by SENDIASS. EHCNA was refused. SENDIASS helped the family with their appeal, but the EHCNA was refused for the second time. Parents sought help from a Facebook group for parents of neurodiverse children. The group referred the family to EPC SEND Advocacy Service. Following an internal assessment of need, it was found that, although SENDIASS were supporting the family, owing to the impartial nature of the service, they were unable to challenge the Local Authority directly.

The SEND Advocate wrote two letters – one to the Enfield Executive Director of People Services, as the EHCNA had been refused twice, and one to the Enfield Head of Admissions on Section 19 Education Act 1996 Right to Education, as the child was a school refuser.

A mediation meeting was set up. The Head of Admissions called the SEND Advocacy Service to discuss the case after receiving the letter. He asked for a report from a medical professional supporting the claim that the child could not access mainstream education owing to her autism, even on a part-time basis. A Child and Adolescent Mental Health Services (CAMHS) professional was contacted and agreed to complete the assessment.

A few days before the mediation meeting, and after receiving letters from the SEND Advocacy Service, the Council cancelled the meeting and granted the EHCNA. The Head of Admissions found an alternative provision for the child to attend, where she has been progressing well. It took a month for the SEND Advocacy Service to achieve a positive outcome on this case, when SENDIASS involvement over several months previously had failed to produce any improved outcome for the family.

What clients said:

'I just wanted to say thank you so much for your help so far. As I have had to unfortunately find out, the SEN's process and system is a difficult world to navigate, making it sometimes near on impossible and very stressful to be part of. You came at a time when I was feeling so overwhelmed with the constant battle. I cannot tell you what a difference you have made.'

'You have come in and hit the road running, have always gone that extra mile sending letters out, reviewing and providing advice, which is always clear & concise, managing to get rid of all nonsense and concentrate on what is actually required. You have always been so efficient, supportive, proactive and approachable (I'm running out of adjective now) but honestly, I don't think we could have done this without you.'

'Everyone going through this process should have an Abigail [SEND Advocate].'

Looking ahead to 2024–25

During the next 12 months, we will remain focused on fundraising and community development. We will continue to explore expanding our working relationship with ABC Parents with the view to managing additional services supporting the partners.

The My Time counselling service will be in its third year of funding. Therefore, we will be focused on securing continuation funding so that the project remains operational.
On a financial basis, we will continue to explore opportunities for reducing the annual deficit. We will appoint a part-time bid writer to develop funding applications in line with the strategic priorities. One area of development is the SEND Advocacy Service, which had a successful pilot during 2023–24.

We will strengthen the Board of Trustees by actively recruiting new members with the skillset that supports the delivery of the Strategic Plan.

Structure, Governance and Management

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 31 May 2001, and registered as a charity on 10 August 2001. The company was established under a Memorandum of Association that defined the objects and powers of the charitable company. It is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

The Charity was established in 1996 as Enfield Parents Centre.

Recruitment and appointment of members of the Board of Directors

The Directors of the company are also Charity Trustees for the purposes of Charity Law. The Board tries to ensure that it reflects the diversity and needs of the community that is being served, by using a variety of avenues for recruitment. These include approaching individuals with particular skills via the Enfield Volunteer Centre and the national REACH website and approaching the Charity's service users via the Charity's website and mailings. The Directors are appointed by members of the company. During the reporting year, we appointed Sarah Tite as Trustee to the Board of Directors of EPC.

Directors' induction and training

The Charity has an information pack for new Trustees, and prospective Trustees are interviewed by the Chief Executive and Chair. They are offered support prior to attending their first Board meeting, to explain the duties and responsibilities of Trustees. The Charity takes up training on governance offered by local and national organisations. Trustees may also attend conferences on governance.

Risk management

The Trustees and staff reviewed the updated risk register and the measures taken to manage or alleviate the key risks. As reported last year, funding and sustainability are still a real challenge for the Charity for the medium term and are a serious constraint on our work.

Organisational structure

The Charity has a Board of not fewer than three nor more than 16 Trustees. The Trustees meet approximately every six weeks to review and agree major areas of policy and the strategic direction of the Charity. At the time of writing, the Board has five members from a variety of professional backgrounds.

A scheme of delegation is in place and the day-to-day responsibility for the provision of services rests with the Chief Executive. He manages the operations of the Charity, supervises the staff and ensures that the teams continue to develop their skills and working practices. The operations of the Charity are
reported to the Board through reports on projects and the Chief Executive's reports and periodic attendance and presentations by project leaders.

Responsibility for reviewing key areas and reporting to the Board is taken by committees consisting of two or three trustees and with responsibility for different areas, such as governance and finance, which meet between the Board meetings or as required. Volunteers are supervised by the service leads.

Pay policy for senior staff

The Board of Trustees is responsible for defining EPC's Management Pay Policy and deciding on the salaries of the Chief Executive, managers and staff.

It is essential for EPC to have leaders who bring professional expertise, significant leadership experience and strong capability to develop and grow the organisation to further enhance its reputation in the Borough and beyond. The pay for the management is benchmarked against pay levels in other voluntary sectors in Outer London.

All the Trustees give their time freely and no Trustee received remuneration in the past year. Details of Trustees' expenses and related party transactions are disclosed in notes 2 and 9 on pages 21 & 22.

Related parties

The Charity works in partnership with Enfield and North Central London Clinical Commissioning Group, Children's Services, the SEND Board and other professionals in the Local Authority, as well as the voluntary and community sector.

There is no connection between Trustees or senior managers of the Charity and suppliers of services to the Charity.

Public benefit

The Trustees confirm that they have paid due regard to the guidance given by the Charity Commission on public benefit in deciding what activities the Charity should undertake. The Trustees have concluded that the activities carried out by the Charity have fulfilled the public benefit requirement.

Financial Review

EPC's main funding sources are both restricted & unrestricted funding. This year we were successful in bringing in £113,504 from various sources and have an unrestricted reserve of £139,653 (of which £125,000 is designated), which the charity aims to continue spending on its charitable objects.

Our principal source of income has been through grant funding.

Investment Policy

Investment objectives

The Charity has assets which are invested to provide unrestricted income.

The Charity seeks to produce the best financial return within an acceptable level of risk, which balances the likelihood of losses that may damage the Charity against the potential for benefit and a good return on investment. The Board will ensure it looks at the risk, ethical and time-horizon factors in making investment decisions. It will also require regular reporting and monitoring of the investments to be submitted at Board meetings.

In the previous reporting year, the Trustees took the decision to invest unrestricted reserves in the COIF Charities Ethical Investment Fund provided by CCLA and the Charity Multi-Asset Fund provided by Schroders. This investment has yielded £3,055 for the year.

Reserves policy and going concern

The reserves policy is to hold six months' running costs as free reserves. Free reserves are those funds not tied up in fixed assets or held as designated or restricted funds. Free reserves are held to ensure the continuity of educational services and, given the relative uncertainty of future funding and the long-term viability of the Charity, that adequate funds are available to cover the running costs for six months.

Six months' running costs are calculated as £70,000 The Trustees and management are pleased that the reserves are at the desired level and have decided to use the reserves to invest in further services for our beneficiaries in the forthcoming year. The Trustees are of the view that EPC is a going concern.

This report has been prepared in accordance with the provisions in part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime.

Our Big Thank You

The year would not have been possible without the support of our amazing staff, volunteers, partners, and funders. Thank you for your continued support of Every Parent & Child – together we make communities stronger so that they can thrive.

Approved by the Board on 16th July 2024 and signed on its behalf by:

Ingrid Cranfield.....
Director
For and on behalf of the Board of Directors

Independent Examiner's Report to the Trustees of Every Parent & Child

I report on the accounts of the company for the year ended 31st March 2024, which are set out on pages 17 to 24.

Respective responsibilities of trustees and examiner

The Trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. The charity's gross income exceeded £25,000 and I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountants.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention to indicate:

- that accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- that the accounts do not accord with such records;
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102);
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.

Date: 16/07/2024

Chartered Certified Accountant
TACTS Accountant, 61 Fountains Crescent, London, N14 6BD

Every Parent & Child

Annual Account

For the Year Ended 31 March 2024

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR END 31 MARCH 2024

	Note	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
INCOMING RESOURCES: -		£	£	£	£
Incoming resources from generated funds:					
Voluntary income/Donation		132	-	132	6,874
Investment Income	(8)	3,055	-	3,055	3,016
Incoming resources from charitable activities:					
Grants to provide charitable activities	(10)	-	110,317	110,317	101,270
Other Income		-	-	-	24,120
TOTAL INCOMING RESOURCES		**3,187**	**110,317**	**113,504**	**135,280**
RESOUCES EXPENDED					
Expenditure on charitable activities	(11)	67,592	79,758	147,350	196,902
TOTAL RESOUCES EXPENDED		**67,592**	**79,758**	**147,350**	**196,902**
Net Incomings and (outgoings) resources		(64,405)	30,559	(33,846)	(61,622)
Gains/losses revaluation of investment assets	(5)	6,524	-	6,524	(5,441)
Net movements in funds for the year		**(57,881)**	**30,559**	**(27,322)**	**(67,063)**
Balances Brought Forward		**197,536**	**-**	**197,536**	**264,599**
Balances Carried Forward	(14)	**139,655**	**30,559**	**170,214**	**197,536**

There were no recognised gains or losses for the above period other than those shown in the statement of financial activities for the above financial year. All incoming resources and resources expended are derived from continuing activities.
(The notes attached form part of these financial statements)

Every Parent & Child

Annual Account

For the Year Ended 31 March 2024

BALANCE SHEET AS AT 31 MARCH 2024

	Notes	£ 2024	£ 2023
Fixed Assets			
Tangible assets		-	-
Investments	(5)	88,687	82,163
Current Assets:			
Debtors	(6)	13,821	11,149
Cash at Bank and In Hand		133,095	120,059
Current Liabilities:			
Creditors:			
Amount falling due within one year:			
Accruals & Creditors	(7)	65,389	15,835
Net Current Assets		**81,527**	**115,373**
Net Assets		**170,214**	**197,536**
As Represented By			
Unrestricted Fund		14,655	45,288
Restricted Fund	(12)	30,559	-
Designated Funds		125,000	152,248
Total Funds		**170,214**	**197,536**

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The accounts were approved by the Directors and Trustees on 16/07/2024 and signed on their behalf by:

Ingrid Cranfield
Director/Trustee

Sudipta Ghosh
Director/Trustee

Notes to the Accounts

1. Accounting policies

Basis of accounting

The accounts (financial statements) have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.
The charity constitutes a public benefit entity as defined by FRS 102.

The accounts have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for twelve months from authorising these accounts and have decided that the charity is able to continue as a going concern.

Income recognition

All income is recognised once the charity has entitlement to the income, there is sufficient certainty of receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably. Grant income received in advance of the period to which they are intended are deferred to that period.

Expenditure recognition

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that a settlement will be required, and the amount of the obligation can be measured reliably.

All expenditure is accounted for on and accruals basis and is inclusive of VAT.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include independent examination fees and costs linked to the strategic management of the charity. Governance costs which cannot be allocated directly are apportioned on an appropriate basis.

Fund accounting

Unrestricted funds are grants, donations and other incoming resources receivable for the objects of the charity without further specified purpose and are available as general funds.

Restricted funds are grants, donations and other incoming resources which are to be used for specific purposes as laid by the donor. Expenditure which meets these criteria is charged to the fund.
Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Fixed assets
Tangible fixed assets are stated at cost less accumulated depreciation. If the cost of a fixed asset is below £500 it is not capitalised.
Depreciation is provided at rates calculated to write off the cost of each asset, less its estimated residual value, over the useful economic life of that asset as follows:

Office furniture	20% straight line
Equipment	20% straight line
Computers	33.33% straight line

Investments
Fixed asset investments are included at market value. Any gain or loss on revaluation of disposal is included in the statement of financial activities.

Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discounts offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Short term deposits
Short term deposits are deposits with a maturity date of one year or less from the date of acquisition.

Creditors
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial instruments
The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Pension costs
The costs of the defined contribution arrangements are charged to the SOFA as incurred.

Operating leases
Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease

2. Related party transactions

There were no related party transactions that require disclosure (

3. Taxation

The charity has no corporation tax liability because income from its activities is in pursuance of its
charitable objectives and all income is applied for charitable purposes.

4. Pension costs

The company charity participates in defined contribution arrangements for members of staff. The employer contribution rate is 6%. There was no outstanding amount at the year end.

5. Investment assets

Listed Investments at market value comprise

	2024 £	2023 £
Unit Trusts:		
Market valuation brought forward	82,163	87,604
Gains and losses on revaluation of investment assets	6,524	(5,441)
Market valuation carried forward	88,687	82,163

All fixed assets investments are held in UK and are unrestricted

6. Debtors

	2024 £	2023 £
Accruals and Prepayments	13,821	10,949
Other Debtors	-	200
	13,821	11,149

7. Accruals and Creditors

	2024 £	2023 £
Accruals & Deferred Income	63,032	15,835
Other Creditors	2,357	-
	65,389	15,835

8. Investment income

	2024	2023
	£	£
Income from UK listed investments & interest receivable	3,055	3,016
	3,055	3,016

All income from investments is unrestricted

9. Staff Cost

	2024	2023
	£	£
Salaries	**64,111**	51,517
Tax and NIC	**6,331**	5,971
Pension	**4,700**	4,511
	75,142	61,999

No employee earned £60,000 or more per annum.

The number of employees during the year were 7 part-time.

The trustees received no remuneration, and no expenses were claimed by them.

The average number of volunteers during the year were 20.

10. Income from Charitable Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
Incoming resources from charitable activities:	£	£	**£**	£
Enfield CFC Waitrose	-	1,235	**1,235**	-
BBC Children in Need	-	36,781	**36,781**	31,053
NHS Enfield CCG Grant	-	26,006	**26,006**	26,004
London Com. Fund - Queen Jubilee	-	-	**-**	10,000
Bridge Renewal Trust (ABC Parents)	-	37,747	**37,747**	24,252
Big Lottery Fund	-	8,548	**8,548**	9,961
Total income from charitable activities	**-**	**110,317**	**110,317**	101,270

11. Expenditure on charitable activities:

	Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
Charitable Expenses	£	£	£	£
Gross Wages inc. on costs	36,622	38,520	**75,142**	61,999
Sessional Workers and Consultancy	10,165	-	**10,165**	42,657
Recruitment Cost	-	245	**245**	1,418
Rent, Room Hire and Rates	14,420	-	**14,420**	10,425
Travelling and Transport	-	14	**14**	366
Office Expenses & General Running Expenses	2,821	1,881	**4,702**	3,510
Professional Fees	-	1,100	**1,100**	1,100
IT support & Computer Maintenance	3,194	1,753	**4,947**	6,565
Subscriptions and Learning Resources	-	13	**13**	13
Insurance	-	713	**713**	3,708
Training	-	295	**295**	531
Donation	370	-	**370**	-
Workshops and Activities	-	35,223	**35,223**	64,103
Volunteer Expenses	-	-	**-**	28
Publicity and Promotion	-	-	**-**	480
TOTAL RESOURCES EXPENDED	**67,592**	**79,758**	**147,350**	196,902

12. Analysis of Restricted Funds:

	Balance at 1st April 2023	Incoming resources	Outgoing resources	Balance at 31st March 2024
		£	£	£
Big Lottery Fund	-	8,548	4,199	**4,349**
BBC Children in Need	-	36,781	36,781	**-**
NHS Enfield CCG Grant	-	26,006	16,350	**9,656**
Bridge Renewal Trust (ABC Parenting)	-	37,747	21,193	**16,554**
Enfield CFC Waitrose	-	1,235	1,235	**-**
	-	**110,317**	**79,758**	**30,559**

Purpose:

-Youth development in communication, social and life skills

- Counselling sessions for children and young people.
- Mentoring programme to selected local Primary and Secondary Schools.
- Volunteering.
- Active youth and Improving health and wellbeing.

13. Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total Funds
	£	£	£
Fixed Assets	88,687	-	**88,687**
Current Assets	116,357	30,559	**146,916**
Current Liabilities	65,389	-	**65,389**
Net Assets as at 31st March 2024	139,655	30,559	**170,214**

14. Movement in funds

	Unrestricted funds	Designated Fund	Restricted funds	Total
	£	£	£	£
At 1st April 2023	45,287	152,248	-	**197,536**
Surplus/(Deficit) for the year	(64,405)	-	30,559	**(33,846)**
Transfer between Funds	27,248	(27,248)	-	**-**
Gains and losses on revaluation of investment assets	6,524	-	-	**6,524**
At 31st March 2024	**14,655**	**125,000**	**30,559**	**170,214**

15. Designated funds

The directors have earmarked funds for particular purposes and these designated funds are shown above.

- Management Team Structure fund is to provide for any shortfall in management and core function salaries.
- Admin support for EPC fund is for an admin worker to support EPC's structure.
- Volunteer Co-ordinator fund is to provide a post to support all EPC's volunteers.
- Website, IT maintenance & marketing fund is to provide support for EPC's website development, provision for new IT equipment and publicity.
- Fundraiser is to provide for the salary of staff engaged in fundraising.
- Starfish project aims to enable children to develop their communication, narrative, social and educational skills.
- SEND Service is to provide help to parents and children to convert Special Educational Statements to Education, Health and Care Plan.
- Counselling Service is to provide counselling sessions for parents whose children are in receipt counselling sessions.
- Cover for funds paid in arrears.
- Redundancies
- Key staff sickness cover.

EVERY PARENT & CHILD

England & Wales - Charity number 1087969

Accounts

Company No. 4226256
Charity No. 1087969

Every Parent & Child
(A company limited by guarantee)

Report and Financial Statements
For the Year Ended 31 March 2023

Community House 311 Fore Street
London N9 0PZ

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Legal & Administrative Information

Company Charity name	Every Parent & Child (known as EPC) (formerly Enfield Parents & Children)
Registered office and operations address	Community House 311 Fore Street London N9 0PZ
Telephone	020 8373 6243
Website	www.epandc.org.uk

Directors (also known as Trustees)

Chair	Ingrid Cranfield	
Treasurer	Sudipta Ghosh	
Company Secretary	Jaspal Dhani (Acting)	
Directors	Thomas Boadu	
	Ingrid Cranfield	
	Sudipta Ghosh	
	Jane Hessami	(appointed 19 July 2022)
	Andy Love	(retired 19 July 2022)
	Leo Meggitt	
	Avishai Passman	(retired 19 July 2022)
	Vijay Sujan	(retired 19 July 2022)
Chief Executive	Jaspal Dhani	
Independent Examiner	TACTS Accountant 61 Fountains Crescent Southgate London N14 6BD	
Bankers	Barclays Bank 4-6 South Mall Edmonton London N9	CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

Charity registration number: 1087969
Company registration number: 4226256

Trustees' Report

Objectives and Activities

Every Parent & Child (EPC) is a well-known and respected Enfield-based charity that provides much-needed services to children, young people and families. We are valued by families, professionals and other voluntary organisations for the expert and timely advice, practical help and emotional support that we give to families. Many of our families tell us how much difference our support makes to their lives.

This report features the highlights across our services during 2022-23.

Charitable Objective

To advance the education of children resident or educated in the London Borough of Enfield and surrounding areas, regardless of culture, beliefs or language, who, because of difficulties in the school or home environment, require special assistance to help them complete their education.

We achieve this through:

- Ensuring children and young people are better able to realise their educational potential.
- Informing children, young people and their families about the Special Educational Needs and Disability reforms and their entitlements.
- Working with educational institutions – and society more generally – to provide more inclusive environments for children and young people.
- Supporting children and young people to lead positive independent adult lives, contributing to wider society.
- Engaging with children, young people and parents using our services to ensure their voice is heard when decisions affecting their lives are being made.
- Providing emotional and well-being support to children and young people in order that they are better able to manage their emotions and relationships within the school and external settings.
- Providing emotional and well-being support to parents/carers of those we support to manage their emotions and wellbeing.

Our Mission and Vision Statements

Our mission is to contribute to a world where children and young people with Special Educational Needs and Disabilities and those in need of special assistance can thrive.

Our vision is to support children and young people with Special Educational Needs and Disabilities or who require special assistance, and their families, to succeed in education and community life to improve their life chances.

Our Services

Staff changes during the year

We were sad to goodbye to Rochelle Morgan, Child Health Community Champions Lead. During her tenure, Rochelle managed her demanding role with great commitment and passion and built strong relationships with the Community Champion volunteers. We wish Rochelle the very best for the future.

Due to new funding from BBC Children in Need, we have been able to restart the My Time Counselling Service and welcomed Pauline Walker back as the service Manager. Pauline previously worked in the project until the funding ended in 2021.

Starfish

Following the end of a three-year funding period, the Starfish project closed in November 2022. As reported in previous years, the project endured challenging times during the Covid-19 lockdown periods but continued to operate successfully, providing essential support to hundreds of children. We remain grateful to the funder, Reaching Communities, who allowed us to work flexibly over the three years.

The Starfish project enabled children to develop communication, social and life skills in order to participate fully in school and their community and reach their full potential. Starfish has six pathways, with differing levels of targeted support for primary-age children. We continued working with Year 12 students, who became peer mentors to the younger primary-age children.

Below is a three-year summary highlighting the key achievements.

The Aspire & Shine pathway:

- Improves self-esteem and develops social and linguistic confidence.
- Develops communication skills, self-expression and techniques that will help both in and outside of the classroom.
- Children learn how to present themselves positively and how to engage with other people.
- Targeted four schools in the Autumn term with 120 children participating.
- Targeted three schools in the Spring term with 90 children participating.
- Targeted four schools in the Summer term with 120 children participating.
- Targeted three schools during the project extension period with 90 children participating.
- 420 children in total have taken part in Aspire & Shine in Year 3.

Memorable quote: *Children really developed confidence because of these workshops, and it was able to reach large numbers of children, which was brilliant. It was challenging and required perseverance and enabled the children to feel proud of what they achieved. Some of the SEN (Special Educational Needs) children demonstrated skills that they didn't know they had!* – HT, Fleecefield School.

The Mentoring pathway:

- Provided one-to-one mentoring for Year 5 children in three schools with 12 children receiving 10 weekly sessions.
- Transition support mentoring workshops for Year 6 children in four schools (one-to-one, pairs or small groups over two/three weeks).
- 54 children were supported during the final year.
- The feedback from these sessions has been universally positive and participating has had a significant impact on the children involved.

Memorable quote: *They knew that having G from the Starfish Team was a special provision just for them. They knew that her focus was entirely about their well-being and success. She quickly gained their trust and was able to offer strategies which had immediate impact. They knew that she could advocate on their behalf with school staff and could explain their position where needed. G also worked with staff to agree strategies that would better meet the children's needs.* – Class teacher, Hazelbury School.

The Family Learning pathway:

Because schools remained cautious about allowing groups of parents on school premises, we continued the sessions on Zoom, which had worked well during school closures. The Family Learning sessions were also run on a Saturday morning to give working parents the opportunity to participate.

- Autumn term – delivered support and advice sessions to parents and children from three schools via Zoom. A total of 24 families participated.
- Spring term – delivered face-to-face sessions in schools as well as on Zoom. A total of 2 families participated.

Memorable quote: *Starfish's Mr Numbervator is fabulous and he really knows how to engage his audience!* – Parent, St Edmund's School.

The Young Leaders pathway:

The Young Leaders programme has been delivered in eight schools during 2022/2023 with 132 children participating. We adapted the model for smaller schools with 12 children in one group participating. Feedback has been excellent and the children taking part have gained a lot of confidence and developed the skills to design, campaign for and deliver projects in their schools. The primary focus during the programme has been the development of leadership skills and instilling a sense of confidence to take a leadership role.

Memorable quote: *The Young Leaders project was a fantastic opportunity for children to develop leadership skills and create a change in the school that they could take ownership of and feel proud of. They really enjoyed it and have already started to implement some of the things they learnt.* – Pastoral Manager, Bowes School.

The Play Therapy pathway:

The Play Therapy programme supported 72 children with low self-esteem, anxiety, friendship issues, communication difficulties and mental health conditions. Referred children have used the session time with their therapist to talk through their feelings, worries and anxiety issues. They learnt how to name and manage their emotions and, consequently, how to articulate their feelings. The children successfully utilised and benefitted from having a dedicated one-to-one space with the same Play Therapist on a weekly basis, outside of the classroom environment, to explore their feelings and emotions.

Memorable quote: *Children feel heard – this in turn gives them a sense of value and respect for themselves. Starfish is non-directive, so children really have the space to think and feel freely, gaining confidence and sense of self along the way.* – Assistant HT, Fleecefield School.

Starfish Pathways: number of children participating over 3 years

1. *Aspire & Shine*: Delivered in ten schools with **772** children participating.
2. *Young Leaders*: Delivered in eight schools with **204** children participating.
3. *Peer Mentoring:* Delivered in four schools with ***87*** children participating.
4. *Play Therapy*: Delivered in nine schools with **126** children participating.
5. *Family Learning Parent workshops:* Delivered virtually to **292** parents and children.

Other notable outcomes for the Starfish project:

1. Over 90% of the children taking part in Starfish told us they had improved in all the areas on which they were consulted. They felt more confident, were able to speak up in class more, better explain their ideas, join in and participate, talk about feelings, listen better, keep on trying and not give up, not worry so much about learning, ask for help and work better in a group.

2. We have been working with 9 Edmonton primary schools this year and ran some Aspire & Shine and Young Leaders sessions in three schools in our neighbouring boroughs of Haringey and Waltham Forest. EPC has increased its geographical reach of delivery and we were contacted by schools who had heard about the work Starfish was doing in Enfield. There does indeed seem to be the same level of need for this type of project intervention and support in other boroughs.

3. Starfish collaboration with Tiger Monkey, a local arts-based company, on a project funded by the Arts Council for a Queen's Jubilee Arts Project. The Young Leaders at Fleecefield, St Edmund's and Starks Field schools participated in the project, designing and making costumes and props for a grand parade to celebrate the Queen's Jubilee in the Summer term. The children are currently acting as champions for their school community to encourage participation in local community events organised by Tiger Monkey and EPC.

4. This year we delivered elements of the Starfish project in two Haringey primary schools: Lea Valley Primary and St Mary's C of E. We also collaborated with Willow Brook Primary in Waltham Forest. Young Leaders and Aspire & Shine have been extremely successful, with very positive feedback from children and staff.

5. To support future funding bids, we have gathered evidence for the need for this type of social and emotional support in our neighbouring boroughs of Haringey and Waltham Forest.

6. We have developed an extremely positive relationship with our local schools since we began the project three years ago and were able to go back into schools quickly after Covid-19 closures as 'trusted partners'. This meant that we were able to keep our delivery schedule on track and provide much-needed support for children during a very difficult time. We have consistently developed our approach and delivery, through the different Starfish pathways, to meet the specific needs of children since they returned to school.

Enfield Parent Infant Partnership

We have maintained our partnership with the Enfield Parent Infant Partnership (EPIP). EPIP is a therapeutic service working with parents/carers and their babies together in cases where there is a concern that a fractured or insecure relationship may develop because of a number of identified risks. These risks include post-natal depression and anxiety, other mental health presentations, adjustment to parenthood, traumatic birth experiences, loss of a previous child, trauma and adverse life experiences, previous children having been removed from parents' care, babies born with additional or complex needs and parents having struggled to bond with previous babies. The EPIP service offers parents the opportunity of a better start to their lives as new parents, which in turn helps to grow more secure, content and confident children and encourages a happy and reciprocal relationship between parents and their babies.

EPIP works very closely with other agencies, particularly the Perinatal Mental Health Service, health visitors, Children's Centres and social care, all of which also refer into the service.

ABC Parents Project

The project aims to empower parents from the most deprived wards in Enfield and Haringey to increase their confidence, create networks of peer-to-peer support for parents and improve appropriate use of services across health and social care through child health workshops.

"Inappropriate" attendances to A&E are stressful for families, costly and deemed a waste of resources. Furthermore, stark health inequalities in the community correlate with high use of emergency departments by children under five.

Parental fear, doubt, isolation and a lack of knowledge are all key drivers in health behaviours and important determinants of A&E attendance. Parents often doubt their own ability or judgement and this lack of confidence can prevent them from even attempting "self-care".

The ABC Parents initiative brings together parents, healthcare professionals, voluntary-sector and statutory organisations to co-produce collaborative solutions to tackle deficiencies in:

(1) child health knowledge,
(2) parental confidence and mental health, and
(3) building sustainable communities.

ABC Parents is a community-based initiative developed with staff at North Middlesex University Hospital to empower local families. The programme strives to make child health knowledge accessible, to engage and upskill residents and integrate community, voluntary and statutory partnerships to tackle health inequalities together.

Results

Table 1 shows ABC Parents partnerships, parent education activities and beneficiaries. Parent education comprised bi-weekly in-person Child Health & Lifesaving courses and multidisciplinary workshops, with free crèche facilities increasing participation.

Parent champion training facilitated peer support and provided asset-based solutions to health inequalities. Utilising multilingual and ethnically diverse parent volunteers empowered, upskilled and provided relatable experiences for other local parents. Trained breastfeeding champions increased initiation and sustained breastfeeding rates. ABC Parents has facilitated over 1500 instances of education, peer support or community engagement.

Table 1. ABC Parents Paediatric Community Outreach – Combatting deficiencies (Jul 2021 – Jan 2023)		Attendances
(1) Child health knowledge	Child Health & Lifesaving courses	513
	Online workshops (co-produced list of topics)	46
	"Restart a Heart Day" '22 & '23 delivering Basic Life Support training (adults and children, both boroughs)	272
(2) Parental confidence and mental health	Breastfeeding drop-in groups (health visitor and champions-led)	59
	IAPT Mental Health workshops	47
	NICU peer support & 1:1 support on maternity/NICU	120
	Peer support groups for champions and community groups enabling awareness, health messaging and practical support	98
(3) Sustainable communities	Community engagement events (Christmas, Great Mental Health Day '22 & '23 and Mothers' Appreciation Day)	319
	Breastfeeding Champions	11
	Child Health Champions	34
	Total Individual Instances	**1519**

Memorable quote: *I liked that we had the chance to share our stories and to openly talk about anything baby- and breastfeeding-related and that our tutor was very passionate and patient with each one of us. We could talk about the good and the nasty and we have been even more inspired to be passionate about breastfeeding and helping mums even just by listening to them.* – Mother at Breastfeeding group.

Memorable quote: *Please keep on doing the amazing work you do, you're saving lives every time you put on a class. From the people who attend, to the people they teach, we can't thank you enough!* – Parent who attended the First Aid class.

Impact

By routinely screening for health inequalities, ABC Parents is reducing stigma, increasing parental knowledge and advocacy in accessing community support, thus improving families' social circumstances, and making longer-term impacts on children's health. Parents who are supported become peer supporters, sharing their experiences and building sustainability.

Multidisciplinary cross-sector partnership working supported by North Central London Integrated Care System and Public Health, has co-production with families at its heart. With over 50 local organisations reciprocally supporting our outreach and engagement, we are building a community of resources, facilities and opportunities for our local families.

My Time Counselling Service

We are delighted to announce that BBC Children in Need have awarded three-year funding to recommence the much-needed and popular counselling service for children aged 5 to 18 years.

The project started in September 2022 and will support children across Enfield, Haringey and Waltham Forest. Specifically, the project will focus on the following delivery model:

1. Individual therapeutic 1:1 counselling/play therapy. Providing children aged 5 to 18 with space to

explore their thoughts, feelings and difficulties through individual talking and therapeutic play.

2. Closed therapeutic groups in schools to enable children to share their experiences, validate feelings, build relationships and experiment with alternative ways of behaving in a safe and supportive environment.

3. Well-being service: a drop-in for older children, either alone or with friends, to access therapeutic support and to learn self-managing techniques such as mindfulness, mediation and visualisation. We hope to help children meet challenges, build emotional resilience and develop coping strategies. We are acutely aware that some children struggle to access our services as they don't want peers to think they have a "mental health" issue or need "counselling". This started off well, but, owing to Covid-19, the lockdowns, schools operating in year group bubbles and restriction of students moving around the school, the numbers here have since been minimal. We expect numbers to rise substantially, as the need is, if anything, greater than it was before the pandemic.

4. Developing parenting skills: this is very important as parents play a key role in embedding and sustaining outcomes the children achieve through the other parts of the project.

Enfield Jubilee Let's Create 2022

Funded by the Queen's Jubilee Fund, EPC worked in partnership with Tiger Monkey UK Limited (TM) and established some new creative hubs across Enfield targeting our most in-need families and children in Edmonton N9 and N18 areas. This included Edmonton Green Shopping Centre, Bury Street Gardens, Angel Gardens and Exeter Road Play Street. All of these settings proved popular for engagement with families and creativity and interest in future programmes.

We worked with Fleecefield Primary School children and parents/carers, St Edmund's Primary School, St John and St James Primary School, Starks Field Primary School and Enfield's PRU – Orchardside School – which is becoming a trauma-informed school.

We delivered Jubilee-inspired workshops making hats, crowns/costumes and clay sculptures for a celebration festival event in Grovelands Park. The event was extremely busy and the sculptures proved very popular. For Orchardside, as an older clientele, we combined their workshops and arranged a photography shoot with birds of prey at Forty Hall – the site of King Henry VIII's former palace. The experience was a once-in-a-lifetime opportunity,
and the young people kept a photograph and USB of all their shots and footage. They also worked with a professional photographer and had a Q & A about career pathways and studying arts, to inspire and link to cultural capital.

Positive engagement was key and we provided accessible workshops in a range of new settings that enabled us to make new connections with partners across a wide range of cultural cold-spots. Children from three primary schools created legacy artwork in the form of digital artwork and new signage. We made a short film documenting all the workshops and activities.

Aim of this short project included:

- Increased well-being and community cohesion as a result of arts participation and community arts engagement for all participants.
- Establishment of new, community-led creative hubs in Enfield.
- Increased participation in the arts by families, children and young people outside of school.
- New audiences and participants engaging in arts activities and taking ownership of them.
- Community cohesion bringing different communities together over three weekends of activities including the Jubilee celebration on 4th June 2022.

- Leaving a physical legacy, e.g. mural or digital artwork, as well as increasing well-being.
- Tiger Monkey establishing more local community-based partners for future project funding from Arts Council England and other funders.

Memorable feedback:

I love it.
This workshop was brilliant.
I had a great time here today.
We all loved the workshop.
I love this but the best part was to put accessories on.
Diamond. This was amazing, thank you.
I liked this workshop. I enjoyed it a lot and hope to do it again.
It was amazing and doing new things.
It was amazing making a story and drawing.
Fun and interesting. I had an amazing time.

A highlight video of the project can be viewed on YouTube at
https://www.youtube.com/watch?v=V7mwpZD8SPI

Looking ahead to 2023–24

The last 12 months have been a period of consolidation and slow growth, and we look forward to continued growth during the coming year.

We expect to build on the existing ABC Parents project, further extending its capacity to reach more families across Enfield and Haringey, while recruiting and supporting a growing bank of Community Champion volunteers.

We will continue our partnership with Tiger Monkey UK Ltd for future community arts work. Local venues and community projects include PlayStreet, Edmonton Parents Get Together, Bury Street Gardens, Angel Gardens, Friends of Grovelands Park and Orchardside School. All these partnerships have good community leaders and cultural champions whom we can work with to further develop art-based projects to benefit those most in need.

We have already started the work of developing a funding bid to continue the excellent work undertaken by the Starfish project, and we look forward to sharing some good news in next year's Annual Report.

We will strengthen the Board of Trustees by actively recruiting new members with the skillset that supports the delivery of the Strategic Plan.

Structure, Governance and Management

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 31 May 2001, and registered as a charity on 10 August 2001. The company was established under a Memorandum of Association that defined the objects and powers of the charitable company. It is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

The Charity was established in 1996 as Enfield Parents Centre.

Recruitment and appointment of members of the Board of Directors

The Directors of the company are also Charity Trustees for the purposes of Charity Law. The Board tries to ensure that it reflects the diversity and needs of the community that is being served, by using a variety of avenues for recruitment. These include approaching individuals with particular skills via the Enfield Volunteer Centre and the national REACH website and approaching the Charity's service users via the Charity's website and mailings. The Directors are appointed by members of the company.

Directors' induction and training

The Charity has an information pack for new Trustees, and prospective Trustees are interviewed by the Chief Executive and Chair. They are offered support prior to attending their first Board meeting, to explain the duties and responsibilities of Trustees. The Charity takes up training on governance offered by local and national organisations. Trustees may also attend conferences on governance.

Risk management

The Trustees and staff reviewed the updated risk register and the measures taken to manage or alleviate the key risks. As reported last year, funding and sustainability are still a real challenge for the Charity for the medium term and are a serious constraint on our work.

Organisational structure

The Charity has a Board of not fewer than three nor more than 16 Trustees. The Trustees meet approximately every six weeks to review and agree major areas of policy and the strategic direction of the Charity. At the time of writing, the Board has five members from a variety of professional backgrounds.

A scheme of delegation is in place and the day-to-day responsibility for the provision of services rests with the Chief Executive. He manages the operations of the Charity, supervises the staff and ensures that the teams continue to develop their skills and working practices. The operations of the Charity are reported to the Board through reports on projects and the Chief Executive's reports and periodic attendance and presentations by project leaders.

Responsibility for reviewing key areas and reporting to the Board is taken by committees consisting of two or three trustees and with responsibility for different areas, such as governance and finance, which meet between the Board meetings or as required. Volunteers are supervised by the service leads.

Pay policy for senior staff

The Board of Trustees is responsible for defining EPC's Management Pay Policy and deciding on the salaries of the Chief Executive, managers and staff.

It is essential for EPC to have leaders who bring professional expertise, significant leadership experience and strong capability to develop and grow the organisation to further enhance its reputation in the Borough and beyond. The pay for the management is benchmarked against pay levels in other voluntary sectors in Outer London.

All the Trustees give their time freely and no Trustee received remuneration in the past year. Details of Trustees' expenses and related party transactions are disclosed in notes 2 and 9 on pages 19 & 21.

Related parties

The Charity works in partnership with Enfield and North Central London Clinical Commissioning Group, Children's Services, the SEND Board and other professionals in the Local Authority, as well as the voluntary and community sector.

There is no connection between Trustees or senior managers of the Charity and suppliers of services to the Charity.

Public benefit

The Trustees confirm that they have paid due regard to the guidance given by the Charity Commission on public benefit in deciding what activities the Charity should undertake. The Trustees have concluded that the activities carried out by the Charity have fulfilled the public benefit requirement.

Financial Review

EPC's main funding sources are both restricted & unrestricted funding. This year we were successful in bringing in £135,380 from various sources and have a heathy unrestricted reserve of £197,536 (of which £152,248 is designated), which the charity aims to continue spending on its charitable objects.

Our principal source of income has been through grant funding and partnership with the North Middlesex University Hospital.

Investment Policy

Investment objectives

The Charity has assets which are invested to provide unrestricted income.

The Charity seeks to produce the best financial return within an acceptable level of risk, which balances the likelihood of losses that may damage the Charity against the potential for benefit and a good return on investment. The Board will ensure it looks at the risk, ethical and time-horizon factors in making investment decisions. It will also require regular reporting and monitoring of the investments to be submitted at Board meetings.

In the previous reporting year, the Trustees took the decision to invest unrestricted reserves in the COIF Charities Ethical Investment Fund provided by CCLA and the Charity Multi-Asset Fund provided by

Schroders. This investment has yielded £3,016 for the year.

Reserves policy and going concern

The reserves policy is to hold six months' running costs as free reserves. Free reserves are those funds not tied up in fixed assets or held as designated or restricted funds. Free reserves are held to ensure the continuity of educational services and, given the relative uncertainty of future funding and the long-term viability of the Charity, that adequate funds are available to cover the running costs for six months.

Six months' running costs are calculated as £100,000. The Trustees and management are pleased that the reserves are at the desired level and have decided to use the reserves to invest in further services for our beneficiaries in the forthcoming year. The Trustees are of the view that EPC is a going concern.

This report has been prepared in accordance with the provisions in part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime.

Our Big Thank You

The year would not have been possible without the support of our amazing staff, volunteers, partners, and funders. Thank you for your continued support of Every Parent & Child – together we make communities stronger so that they can thrive.

Approved by the Board on 18th July 2023 and signed on its behalf by:

Ingrid Cranfield.....
Director
For and on behalf of the Board of Directors

Independent Examiner's Report to the Trustees of Every Parent & Child

I report on the accounts of the company for the year ended 31st March 2023, which are set out on pages 16 to 23.

Respective responsibilities of trustees and examiner

The Trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. The charity's gross income exceeded £25,000 and I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountants.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- state whether particular matters have come to my attention.

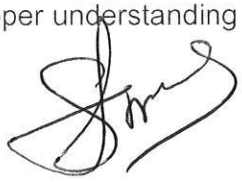
Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention to indicate:

- that accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- that the accounts do not accord with such records;
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102);
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.



Date: 18/07/2023

Chartered Certified Accountant
TACTS Accountant, 61 Fountains Crescent, London, N14 6BD

Statement of Financial Activities for the Year End 31 March 2023

	Notes	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
INCOMING RESOURCES		£	£	£	£
Incoming resources from generated funds:					
Voluntary income		6,874	-	6,874	725
Investment Income	(8)	3,016	-	3,016	3,658
Incoming resources from charitable activities:					
Grants to provide charitable activities	(10)	-	101,270	101,270	253,014
Other Income		24,120	-	24,120	-
TOTAL INCOMING RESOURCES		**34,010**	**101,270**	**135,280**	**257,397**
RESOURCES EXPENDED					
Expenditure on charitable activities	(11)	55,317	141,585	196,902	274,928
TOTAL RESOURCES EXPENDED		**55,317**	**141,585**	**196,902**	**274,928**
Net Incomings and (outgoings) resources		(21,307)	(40,315)	(61,622)	(17,531)
Gains/losses on revaluation of investment assets (note 5)		(5,441)	-	(5,441)	33,336
Net movements in funds for the year		**(26,748)**	**(40,315)**	**(67,063)**	**15,805**
Balances Brought Forward		**224,283**	**40,316**	**264,599**	**248,794**
Balances Carried Forward		**197,536**	**-**	**197,536**	**264,599**

There were no recognised gains or losses for the above period other than those shown in the statement of financial activities for the above financial year. All incoming resources and resources expended are derived from continuing activities.

(The notes attached form part of these financial statements)

Balance Sheet as at 31 March 2023

	Notes	£ 2023	£ 2022
Fixed Assets			
Tangible assets			-
Investments	(5)	82,163	87,604
Current Assets:			
Debtors	(6)	11,149	8,440
Cash at Bank and In Hand		120,059	206,758
Current Liabilities:			
Creditors:			
Amount falling due within one year:			
Accruals & Creditors	(7)	15,835	38,203
Net Current Assets		**115,373**	**176,995**
Net Assets		**197,536**	**264,599**
As Represented By			
Unrestricted Fund		45,288	72,035
Restricted Fund	(12)	-	40,316
Designated Funds	(15)	152,248	152,248
Total Funds		**197,536**	**264,599**

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The accounts were approved by the Directors and Trustees on 18/07/2023 and signed on their behalf by:

Ingrid Cranfield
Director

Sudipta Ghosh
Director

Notes to the Accounts

1. Accounting policies

Basis of accounting

The accounts (financial statements) have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The charity constitutes a public benefit entity as defined by FRS 102.

The accounts have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for twelve months from authorising these accounts and have decided that the charity is able to continue as a going concern.

Income recognition

All income is recognised once the charity has entitlement to the income, there is sufficient certainty of receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably. Grant income received in advance of the period to which they are intended are deferred to that period.

Expenditure recognition

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that a settlement will be required, and the amount of the obligation can be measured reliably.

All expenditure is accounted for on and accruals basis and is inclusive of VAT.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include independent examination fees and costs linked to the strategic management of the charity. Governance costs which cannot be allocated directly are apportioned on an appropriate basis.

Fund accounting

Unrestricted funds are grants, donations and other incoming resources receivable for the objects of the charity without further specified purpose and are available as general funds.

Restricted funds are grants, donations and other incoming resources which are to be used for specific purposes as laid by the donor. Expenditure which meets these criteria is charged to the fund.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Fixed assets

Tangible fixed assets are stated at cost less accumulated depreciation. If the cost of a fixed asset is below £500 it is not capitalised.

Depreciation is provided at rates calculated to write off the cost of each asset, less its estimated residual value, over the useful economic life of that asset as follows:

Office furniture	20% straight line
Equipment	20% straight line
Computers	33.33% straight line

Investments
Fixed asset investments are included at market value. Any gain or loss on revaluation of disposal is included in the statement of financial activities.

Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discounts offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Short term deposits
Short term deposits are deposits with a maturity date of one year or less from the date of acquisition.

Creditors
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial instruments
The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Pension costs
The costs of the defined contribution arrangements are charged to the SOFA as incurred.

Operating leases
Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease

2. Related party transactions
There were no related party transactions that require disclosure during the year.

3. Taxation
The charity has no corporation tax liability because income from its activities is in pursuance of its charitable objectives and all income is applied for charitable purposes.

4. Pension costs
The company charity participates in defined contribution arrangements for members of staff. The employer contribution rate is 6%. There was no outstanding amount at the year end.

5. Investment assets

Listed Investments at market value comprise

	2023 £	2022 £
Unit Trusts:		
Market valuation brought forward	87,604	54,268
Gains and losses on revaluation of investment assets	(5,441)	33,336
Market valuation carried forward	82,163	87,604

All fixed assets investments are held in UK and are unrestricted

6. Debtors

	2023 £	2022 £
Prepayments	1,740	1,740
Accrued Income	9,209	6,500
Other Debtors	200	200
	11,149	8,440

7. Accruals and Creditors

	2023 £	2022 £
Accruals	15,835	38,203
Deferred Income	-	-
Other Creditors	-	-
	15,835	38,203

8. Investment income

	2023 £	2022 £
Income from UK listed investments & interest receivable	3,016	3,658
	3,016	3,658

All income from investments is unrestricted

9. Staff Cost

	2023	2022
	£	£
Salaries	51,517	96,537
Tax and NIC	5,971	24,316
Pension	4,511	9,584
	61,999	130,437

No employee earned £60,000 or more per annum.

The average number of employees during the year was 3.

The trustees received no remuneration, and no expenses were claimed by them.

The average number of volunteers during the year was 20.

10. Income from Charitable Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	£	£	£	£
Incoming resources from charitable activities:				
London Borough of Enfield	-	-	-	67,375
National Children's Bureau	-	-	-	5,833
BBC Children in Need	-	31,053	**31,053**	-
NHS Enfield CCG Grant	-	26,004	**26,004**	26,003
London Com. Fund - Queen Jubilee	-	10,000	**10,000**	-
Bridge Renewal Trust	-	24,252	**24,252**	-
National Lottery - Advocacy	-	9,961	**9,961**	-
Active Youth Enfield, EVA	-	-	-	1,000
CCG Child Health	-	-	-	12,407
London Catalyst	-	-	-	2,500
Bailey Thomas	-	-	-	2,000
Big Lottery Fund, Starfish project	-	-	-	135,896
TOTAL INCOMING RESOURCES	-	**101,270**	**101,270**	257,397

11. Expenditure on charitable activities:

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	£	£	£	£
Charitable Expenses				
Gross Wages inc. on costs	22,277	39,722	**61,999**	125,859
Sessional Workers and Consultancy	14,632	28,025	**42,657**	51,315
Recruitment Cost	1,418	-	**1,418**	400
Rent, Room Hire and Rates	10,425	-	**10,425**	29,050
Travelling and Transport	-	366	**366**	66
Office Expenses & General Running Expenses	-	3,510	**3,510**	6,460
Professional Fees	-	1,100	**1,100**	1,100
IT support & Computer Maintenance	6,565	-	**6,565**	4,758
Subscriptions and Learning Resources	-	13	**13**	818
Insurance	-	3,708	**3,708**	3,572
Training	-	531	**531**	250
Workshops and Activities	-	64,103	**64,103**	51,246
Volunteer Expenses	-	28	**28**	35
Publicity and Promotion	-	480	**480**	-
TOTAL RESOURCES EXPENDED	**55,317**	**141,585**	**196,902**	274,928

	Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	£	£	£	£
Incoming resources from charitable activities:				
London Borough of Enfield	-	-	**-**	67,375
National Children's Bureau	-	-	**-**	5,833
BBC Children in Need	-	31,053	**31,053**	-
NHS Enfield CCG Grant	-	26,004	**26,004**	26,003
London Com. Fund - Queen Jubilee	-	10,000	**10,000**	-
Bridge Renewal Trust	-	24,252	**24,252**	-
National Lottery - Advocacy	-	9,961	**9,961**	-
Active Youth Enfield, EVA	-	-	**-**	1,000
CCG Child Health	-	-	**-**	12,407
London Catalyst	-	-	**-**	2,500
Bailey Thomas	-	-	**-**	2,000
Big Lottery Fund, Starfish project	-	-	**-**	135,896
TOTAL INCOMING RESOURCES	**-**	**101,270**	**101,270**	257,397

12. Analysis of Restricted Funds:

	Balance at 1st April 2022	Incoming resources	Outgoing resources	Balance at 31st March 2023
		£	£	£
Big Lottery Fund (Starfish)	40,316	-	40,316	-
BBC Children in Need	-	31,053	31,053	-
National Lottery - Advocacy	-	9,961	9,961	-
NHS Enfield CCG Grant	-	26,004	26,004	-
LCF - Queen Jubilee	-	10,000	10,000	-
Bridge Renewal Trust	-	24,252	24,252	-
	40,316	**101,270**	**141,586**	-

Purpose:

-Youth development in communication, social and life skills

- Counselling sessions for children and young people.
- Mentoring programme to selected local Primary and Secondary Schools.
- Volunteering.
- Active youth and Improving health and wellbeing.

13. Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total Funds
	£	£	£
Fixed Assets	82,163	-	82,163
Current Assets	90,892	40,316	131,208
Current Liabilities	15,835	-	15,835
Net Assets as at 31st March 2023	157,220	40,316	197,536

14. Movement in funds

	Unrestricted funds	Designated Fund	Restricted funds	Total
	£		£	£
At 1st April 2022	72,035	152,248	40,316	**264,599**
Surplus/(Deficit) for the year	(21,307)	-	(40,316)	**(61,623)**
Gains and losses on revaluation of investment assets	(5,441)	-	-	**(5,441)**
At 31st March 2023	**45,287**	**152,248**	-	**197,536**

15. Designated funds

The directors have earmarked funds for particular purposes and these designated funds are shown above.

- Management Team Structure fund is to provide for any shortfall in management salaries.
- Admin support for EPC fund is for an admin worker to support EPC's structure.
- Volunteer Co-ordinator fund is to provide a post to support all EPC's volunteers.
- Website, IT maintenance & marketing fund is to provide support for EPC's website development, provision for new IT equipment and publicity.
- Rent fund is to provide for rent not funded by incoming resources.
- Fundraiser is to provide for the salary of staff engaged in fundraising.
- Starfish project aims to enable children to develop their communication, narrative, social and educational skills.
- SEND Service is to provide help to parents and children to convert Special Educational Statements to Education, Health and Care Plan.
- Counselling Service is to provide counselling sessions for parents whose children are in receipt counselling sessions.

EVERY PARENT & CHILD

England & Wales - Charity number 1087969

Accounts

Company No. 4226256
Charity No. 1087969

Every Parent & Child

(A company limited by guarantee)

Report and Financial Statements

For the Year Ended 31 March 2022

Community House
311 Fore Street
London N9 0PZ

Every Parent & Child

Annual Account

For the Year Ended 31 March 2022

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Every Parent & Child

Annual Account

For the Year Ended 31 March 2022

Legal & Administrative Information

Company Charity name	Every Parent & Child (known as EPC) (formerly Enfield Parents & Children)
Registered office and operations address	Community House 311 Fore Street London N9 0PZ
Telephone	020 8373 6243
Fax	020 8373 6324
Website	www.epandc.org.uk

Directors (also known as Trustees)

Chair	Ingrid Cranfield
Treasurer	Sudipta Ghosh
Company Secretary	Vijay Sujan
Directors	Thomas Boadu Ingrid Cranfield Sudipta Ghosh Andy Love (re-elected 20 July 2021) Leo Meggitt Avishai Passman Vijay Sujan (re-elected 20 July 2021)
Chief Executive	Jaspal Dhani
Independent Examiner	TACTS Accountant 61 Fountains Crescent Southgate London, N14 6BD
Bankers	Barclays Bank 4-6 South Mall Edmonton London N9
	CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

Charity registration number: 1087969
Company registration number: 4226256

Trustees' Report

Objectives and Activities

Every Parent & Child (EPC) is a well-known and respected Enfield-based charity that provides much-needed services to children, young people and families. We are valued by families, professionals and other voluntary organisations for the expert and timely advice, practical help and emotional support that we give to families. Many of our families tell us how much difference our support makes to their lives.

This report features the highlights across our services during 2021-22.

Charitable Objective
To advance the education of children resident or educated in the London Borough of Enfield and surrounding areas, regardless of culture, beliefs or language, who, because of difficulties in the school or home environment, require special assistance to help them complete their education.

We achieve this through:

- Ensuring children and young people are better able to realise their educational potential.
- Informing children, young people and their families about the Special Educational Needs and Disability reforms and their entitlements.
- Working with educational institutions – and society more generally – to provide more inclusive environments for children and young people.
- Supporting children and young people to lead positive independent adult lives, contributing to wider society.
- Engaging with children, young people and parents using our services to ensure their voice is heard when decisions affecting their lives are being made.
- Providing emotional and well-being support to children and young people in order that they are better able to manage their emotions and relationships within the school and external settings.
- Providing emotional and well-being support to parents/carers of those we support to manage their emotions and wellbeing.

Our Mission and Vision Statements

Our mission is to contribute to a world where children and young people with Special Educational Needs and Disabilities and those in need of special assistance can thrive.

Our vision is to support children and young people with Special Educational Needs and Disabilities or who require special assistance, and their families, to succeed in education and community life to improve their life chances.

Our Services
Staff Changes during the year

We welcomed Rochelle Morgan, who led the Child Health Community Champions Lead, which forms part of the ABC Parents project working across Enfield and Haringey.

We were sad to say goodbye to Vashisht Raya, who managed the young people's service. Vash joined EPC in July 2020 and worked part-time. Vashisht developed several initiatives for our young people, including the employment soft skills workshops and the weekly Jiu Jitsu martial arts class.

We also wished farewell to Florence Mampasi, SENDIASS Case Worker, who left to pursue a full-time role. Owing to the closure of the SEND Information, Advice and Support Service, we had to say goodbye to Mary Mannion and Marie-Gisèle Awoya Atundu, who were transferred to the new service provider, Centre 404. Prafula Katkoria was made redundant resulting from the closure of the SENDIASS.

Special Education Needs and Disability Information, Advice and Support Service (SENDIASS) & Independent Support (IS)

The Trustees are saddened to report that, after 25 years, EPC is no longer managing the SENDIASS. As with many public funded services, the LB Enfield tendered the service in 2021 and, despite managing the service successfully since its inception, the contract for delivering the service was issued to Centre 404, an LB Islington-based provider, in October 2021. Under TUPE arrangements, all active staff were transferred to Centre 404, where they continue working in SENDIASS.

Young Futures Project

The COVID-19 restrictions continued to be challenging for many of our families, often resulting in young people with SEND experiencing unmanageable isolation and loneliness. To help children and young people maintain healthy levels of wellbeing, EPC introduced the new online Jiu Jitsu martial arts programme. Funded by the Active Youth Enfield Grants Programme, the programme ran for 30 weeks, engaging approximately 10 children and young people weekly.

With short-term funding from London Catalyst, we were able to deliver the Jiu Jitsu programme from Community House. Throughout the programme, we observed the transformation in the participants from having feelings of reluctance, confusion and disengagement to being focused, determined and confident. Further, the participants demonstrated an improved sense of self-belief, personal motivation and levels of engagement, and reduced levels of anxiety arising from isolation.

Starfish

The Starfish Project enables children to develop communication, social and life skills in order to participate fully in school and their community and reach their full potential. Starfish has six pathways, with differing levels of targeted support for primary-age children. We also train Year 12 students as peer mentors, provide play therapy for referred children and work with parents to support their children.

Aspire & Shine

At the start of term, there were still some issues with schools having to cope with staff and children isolating due to COVID. However, schools were determined to provide as normal a school experience for their children as possible and were very positive about Starfish coming in again. We worked with four schools in the autumn term with 120 children participating. We have worked with three schools this spring term, with 90 children participating, and are working with another three schools during the summer term. Children have been targeted across year groups so that we work with those identified as lacking in confidence and needing support for communication skills. Schools have told us that the opportunities we provide for children to come together in a safe environment and practise their speaking skills, collaboration and team working have led to a discernible increase in confidence, resilience, and cohesion, with children making new friends and being more able to participate.

"It was very helpful because I was very shy when I did not go to Starfish and when I went to Starfish, I felt more confident and I love all the activities'; 'Starfish gave me really good tips and helped me build my confidence to speak about things that are important'; 'It has really helped me because in class my heart always goes fast and I always got scared but now I feel more brave and confident". - ***Children's comments***

Peer Mentoring

The Mentoring co-ordinator has been delivering one-to-one mentoring to year 5 children again and has worked in three schools this year. She has also run transition support workshops for year 6 children. Mentees receive 10 weeks of one-to-one sessions and the year 6 children either work in pairs or small groups over 2 to 3 weeks. The feedback from these sessions has been universally positive and participating has had a significant impact on the children involved.

"When I spoke with R's mother, she thanked me for involving R in the Starfish project (she was firmly opposed in the beginning). She said that she was seeing a side to R that she hadn't seen before: chatty, volunteering information after school, taking part in conversations during car journeys – more outgoing and open. I made it absolutely clear that I couldn't take any credit and that it was down to G's wonderful mentoring work. Thank you, G!" - ***Class teacher, Bowes***

Family Learning Pathway

In the autumn term we delivered maths support and advice sessions to parents and their children from three schools via Zoom. Schools were still quite wary of having groups of parents in school and felt that, because the sessions on Zoom had worked well previously, it would be better to use the same model. The sessions were run on Saturday mornings to facilitate access for working families and were very well attended by parents, with their children; we had 24 families participating. This term we are running physical sessions in schools as well as on Zoom.

"The Starfish trainer prompted and challenged the children and engaged all the parents. It was pitched at the perfect level and enabled all abilities to contribute. The resources were meaningful and useful and enabled the parents to really understand how children learn in maths. The activities can easily be used at home also. A thoroughly enjoyable session where so much was covered. Thank you!" - ***Assistant Head teacher, Hazelbury***

Young Leaders Pathway

The Young Leaders programme has been delivered in four schools this year so far, with 96 children participating. We will deliver to three schools next term. Feedback has been excellent and the children taking part have gained a lot of confidence and developed the skills to design, campaign for and deliver projects in their schools. This year the young leaders have focused on a campaign to stop food waste, developing a wellbeing ambassador's programme, and designing prayer spaces in school.

"The Starfish Young Leaders project was such an amazing, positive project for our year 5 children. They have really enjoyed all the sessions; learning different skills, how to be more patient, confident, organised and working as a team. The trainers were so encouraging and kind; they were fantastic! We all hope to see them in our school again, as it was brilliant!" - ***Teacher, St John & St James***

Play Therapy

Block 4 of the Play Therapy pathway ran for an extended period in the autumn term (10 weeks); we felt this was appropriate, as the referred children were struggling with being back in school. Low self-esteem, anxiety, friendships, communication, and mental health have been areas of particular concern. Block 5 ran for eight weeks in the spring term; block 6 has started and will run for eight weeks in the summer term. The co-ordinator will schedule dates for block 7 in the extension period in the autumn term. She has regular progress meetings with all the school leads regarding the referred children, and with the play therapists, who also receive regular clinical supervision.

"This year the Starfish Project has successfully provided play therapy sessions for several children in KS2. The beauty of the project is that the therapist can tailor things to the individual child's interests and needs and give them the listening time they crave. The children tell us they have fun during the sessions, and that they have helped them to feel more confident about trying new things. Teachers have also reported a difference, saying that the children return from a session calmer and more content to participate in class tasks. If I could afford it, I would have a play therapist in school all day every day!" - ***AHT Inclusion, Wilbury Primary***

Starfish Pilot in Haringey schools: This year we have been running elements of the Starfish project in two Haringey primary schools, Lea Valley and St Mary's C of E. Aspire & Shine has been extremely successful, with very positive feedback from children and staff. We will run Young Leaders in both schools this term. In terms of applying for future bids to keep Starfish running, we have gathered evidence for the need for this type of social and emotional support in our neighbouring borough.

Collaboration with Tiger Monkey: Starfish has been working with Tiger Monkey this term on a grant from the Arts Council for a Queen's Jubilee Arts Project. The Young Leaders at Fleecefield and St Edmund's have participated in the project and are currently acting as champions for their school community to encourage participation in local community events organised by Tiger Monkey and EPC.

Enfield Parent Infant Partnership

We have maintained our partnership with the Enfield Parent Infant Partnership (EPIP). EPIP is a therapeutic service working with parents/carers and their babies together in cases where there is a concern that a fractured or insecure relationship may develop because of a number of identified risks. These risks include post-natal depression and anxiety, other mental health presentations, adjustment to parenthood, traumatic birth experiences, loss of a previous child, trauma and adverse life experiences, previous children having been removed from parents' care, babies born with additional or complex needs and parents having struggled to bond with previous babies. The EPIP service offers parents the opportunity of a better start to their lives as new parents, which in turn helps to grow more secure, content, and confident children and encourages a happy and reciprocal relationship between parents and their babies.

EPIP works very closely with other agencies, particularly the Perinatal Mental Health Service, health visitors, Children's Centres and Social Care, all of which also refer into the service.

ABC Parents Project

The Trustees are delighted to announce the launch of our nw project, ABC Parents. The project aims to empower parents from the most deprived wards in Enfield and Haringey to increase their confidence, create networks of peer-to-peer support for parents and improve appropriate use of services across health and social care through child health workshops. The programme is delivered in community venues by a range of staff working in children's community health services and Child Health Champions supported by multi-agency practitioners from the hospital, primary care and voluntary sectors in Enfield and Haringey. The project builds on the pilot workshops delivered by paediatric staff from North Middlesex University Hospital NHS Trust (NMUH) to improve the knowledge, understanding and confidence of new parents. The project is delivered by a partnership involving NMUH, The Bridge Renewal Trust, EPC, Public Health Haringey, North Central London Clinical Commissioning Group, and other local multi-sector agencies.

Office Move

Over the last two years, EPC had to embrace a new way of working in order to safeguard our staff and service users during the height of COVID-19 pandemic. With our staff transitioning to hybrid working, it provided the organisation with an oportunity to downsize the office and making savings on rent and other operating costs.

While the Trustees have embraced this new way of working, we will nonethelessl review the status from time to time.

Looking ahead to 2022–2023

The last financial year saw many changes, some historical, for EPC. The loss of the SENDAISS was a great disappointment; however, the Trustees and staff remain committed to developing EPC with a focus on the new three-year Strategic Plan. Over the coming 12 months, EPC will build on its partnership with North Middlesex Hospital and The Bridge Renewal Trust to strengthen the ABC Parents programme. We will continue the work of fundraising to introduce new services for families in Enfield, Haringey, and Waltham Forest by appointing a dedicated fundraiser.

We will strengthen the Board of Trustees by actively recruiting new members with the skill set that supports the delivery of the Strategic Plan.

Structure, Governance and Management

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 31 May 2001, and registered as a charity on 10 August 2001. The company was established under a Memorandum of Association that defined the objects and powers of the charitable company. It is governed under its Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

The Charity was established in 1996 as Enfield Parents Centre.

Recruitment and appointment of members of the Board of Directors

The Directors of the company are also Charity Trustees for the purposes of Charity Law. The Board tries to ensure that it reflects the diversity and needs of the community that is being served, by using a variety of avenues for recruitment. These include approaching individuals with particular skills via the Enfield Volunteer Centre and the national REACH website and approaching the Charity's service users via the Charity's website and mailings. The Directors are appointed by members of the company.

Directors' induction and training

The Charity has an information pack for new trustees, and prospective trustees are interviewed by the Chief Executive and Chair. They are offered support prior to attending their first Board meeting, to explain the duties and responsibilities of Trustees. The Charity takes up training on governance offered by local and national organisations. Trustees may also attend conferences on governance.

Risk management

The Trustees and staff reviewed the updated risk register and the measures taken to manage or alleviate the key risks. As reported last year, funding and sustainability are still a real challenge for the Charity for the medium term and are a serious constraint on our work.

Organisational structure

The Charity has a Board of not fewer than three nor more than 16 Trustees. The Trustees meet approximately every six weeks to review and agree major areas of policy and the strategic direction of the Charity. At present, the Board has seven members from a variety of professional backgrounds.

A scheme of delegation is in place and the day-to-day responsibility for the provision of services rests with the Chief Executive. He manages the operations of the Charity, supervises the staff and ensures that the teams continue to develop their skills and working practices. The operations of the Charity are reported to the Board through reports on projects and the Chief Executive's reports and periodic attendance and presentations by project leaders.

Responsibility for reviewing key areas and reporting to the Board is taken by committees consisting of two or three trustees and with responsibility for different areas, such as governance and finance, which meet between the Board meetings or as required.

Volunteers are supervised by the service leads.

Pay policy for senior staff

The Board of Trustees is responsible for defining EPC's Management Pay Policy and deciding on the salaries of the Chief Executive, managers and staff salaries.

It is essential for EPC to have leaders who bring professional expertise, significant leadership experience and strong capability to develop and grow the organisation to further enhance its reputation in the Borough and beyond. The pay for the management is benchmarked against pay levels in other voluntary sectors in Outer London.

All the Trustees give their time freely and no Trustee received remuneration in the past year. Details of Trustees' expenses and related party transactions are disclosed in notes 2 and 9 on pages 15 & 17.

Related parties

The Charity works in partnership with Enfield and North Central London Clinical Commissioning Group, Children's Services, the SEND Board and other professionals in the Local Authority, as well as the voluntary and community sector.

EPC also provides a representative to sit on the Board of Trustees of Enfield Voluntary Action.
None of our directors receives remuneration or other benefit from their work with the Charity. There is no connection between Trustees or senior managers of the Charity and suppliers of services to the Charity.

Public benefit

The Trustees confirm that they have paid due regard to the guidance given by the Charity Commission on public benefit in deciding what activities the Charity should undertake. The Trustees have concluded that the activities carried out by the Charity have fulfilled the public benefit requirement.

Financial Review

EPC's main funding sources are both restricted & unrestricted funding. This year we were successful in bringing in £257,397 from various sources and have a heathy unrestricted reserve of £224,283 (of which £152,248 is designated), which the charity aims to continue spending on its charitable objects.

Our principal source of income remains the London Borough of Enfield's Schools and Children's Services, with whom we have a close relationship, hitherto running the statutory SENDIASS.

Investment Policy

Investment objectives

The Charity has assets which are invested to provide unrestricted income.

The Charity seeks to produce the best financial return within an acceptable level of risk, which balances the likelihood of losses that may damage the Charity against the potential for benefit and a good return on investment. The Board will ensure it looks at the risk, ethical and time horizon factors in making investment decisions. It will also require regular reporting and monitoring of the investments to be submitted at board meetings.

In the previous reporting year, the Trustees took the decision to invest unrestricted reserves in the COIF Charities Ethical Investment Fund provided by CCLA and the Charity Multi-Asset Fund provided by Schroders. This investment has yielded £3,658 for the year.

Reserves policy and going concern

The reserves policy is to hold six months' running costs as free reserves. Free reserves are those funds not tied up in fixed assets or held as designated or restricted funds. Free reserves are held to ensure the continuity of educational services and, given the relative uncertainty of future funding and the long-term viability of the Charity, adequate funds are available to cover the running costs for six months.

Six months' running costs are calculated as £130,000. The Trustees and management are pleased that the reserves are at the desired level and have decided to use the reserves to invest in further services for our beneficiaries in the forthcoming year. The Trustees are of the view that EPC is a going concern.

This report has been prepared in accordance with the provisions in part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime.

Approved by the Board on 19th July 2022 and signed on its behalf by:

Ingrid Cranfield.....Ingrid Cranfield
Director
For and on behalf of the Board of Directors

Independent Examiner's Report to the Trustees of Every Parent & Child.

I report on the accounts of the company for the year ended 31st March 2022, which are set out on pages 12 to 19.

Respective responsibilities of trustees and examiner

The Trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. The charity's gross income exceeded £25,000 and I am qualified to undertake the examination by being a qualified member of the Association of Chartered Certified Accountants.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- state whether particular matters have come to my attention.

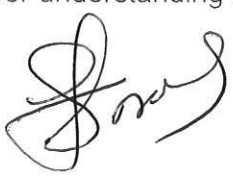
Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention to indicate:

- that accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- that the accounts do not accord with such records:
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.



Date: 19/07/2022

Chartered Certified Accountant
TACTS Accountant, 61 Fountains Crescent, London, N14 6BD

EVERY PARENT & CHILD
STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR END 31 MARCH 2022

	Notes	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
INCOMING RESOURCES		£	£	£	£
Incoming resources from generated funds:					
Voluntary income		725	-	725	2,294
Investment income	(8)	3,658	-	3,658	2,347
Incoming resources from charitable activities:					
Grants to provide charitable activities	(10)	71,875	181,139	253,014	336,354
Other Income		-	-	-	24,996
TOTAL INCOMING RESOURCES		**76,257**	**181,139**	**257,397**	**365,991**
RESOURCES EXPENDED					
Expenditure on charitable activities	(11)	134,104	140,824	274,928	360,860
TOTAL RESOUCES EXPENDED		**134,104**	**140,824**	**274,928**	**360,860**
Net incomings and (outgoings) resources		(57,847)	40,316	(17,531)	5,131
Gains (Losses) on revaluation investment assets	(5)	33,336	-	33,336	(13,935)
Net movements in funds for the year		**(24,511)**	**40,316**	**15,805**	**(8,804)**
Balances Brought Forward		**248,794**	**-**	**248,794**	**257,599**
Balances Carried Forward		**224,283**	**40,316**	**264,599**	**248,794**

There were no recognised gains or losses for the above period other than those shown in the statement of financial activities for the above financial year. All incoming resources and resources expended are derived from continuing activities.

(The notes attached form part of these financial statements)

EVERY PARENT & CHILD

BALANCE SHEET AS AT 31 MARCH 2022

	Notes	£ 2022	£ 2021
Fixed Assets			
Tangible assets		-	-
Investments	(5)	87,604	54,268
Current Assets			
Debtors	(6)	8,440	50,686
Cash at bank and in hand		206,758	227,376
Current Liabilities			
Creditors			
Amount falling due within one year:			
Accruals & creditors	(7)	38,203	83,536
Net Current Assets		**176,995**	**278,062**
Net Assets		**264,599**	**248,794**
As Represented By			
Unrestricted funds		72,035	96,546
Restricted funds	(12)	40,316	-
Designated funds	(15)	152,248	152,248
Total Funds		**264,599**	**248,794**

The directors are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The accounts were approved by the Directors and Trustees on 19/07/2022 and signed on their behalf by:

.....

Ingrid Cranfield
Director

.....

Sudipta Ghosh
Director

Notes to the Accounts

1. Accounting policies

Basis of accounting
The accounts (financial statements) have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The charity constitutes a public benefit entity as defined by FRS 102.

The accounts have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for twelve months from authorising these accounts and have decided that the charity is able to continue as a going concern.

Income recognition
All income is recognised once the charity has entitlement to the income, there is sufficient certainty of receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably. Grant income received in advance of the period to which they are intended are deferred to that period.

Expenditure recognition
Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that a settlement will be required, and the amount of the obligation can be measured reliably.

All expenditure is accounted for on and accruals basis and is inclusive of VAT.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include independent examination fees and costs linked to the strategic management of the charity. Governance costs which cannot be allocated directly are apportioned on an appropriate basis.

Fund accounting
Unrestricted funds are grants, donations and other incoming resources receivable for the objects of the charity without further specified purpose and are available as general funds.

Restricted funds are grants, donations and other incoming resources which are to be used for specific purposes as laid by the donor. Expenditure which meets these criteria is charged to the fund.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Fixed assets
Tangible fixed assets are stated at cost less accumulated depreciation. If the cost of a fixed asset is below £500 it is not capitalised.

Depreciation is provided at rates calculated to write off the cost of each asset, less its estimated residual value, over the useful economic life of that asset as follows:

Office furniture	20% straight line
Equipment	20% straight line
Computers	33.33% straight line

Investments
Fixed asset investments are included at market value. Any gain or loss on revaluation of disposal is included in the statement of financial activities.

Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discounts offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Short term deposits
Short term deposits are deposits with a maturity date of one year or less from the date of acquisition.

Creditors
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial instruments
The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Pension costs
The costs of the defined contribution arrangements are charged to the SOFA as incurred.

Operating leases
Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease

2. Related party transactions

There were no related party transactions that require disclosure during the year

3. Taxation

The charity has no corporation tax liability because income from its activities are in pursuance of its charitable objectives and all income is applied for charitable purposes.

4. Pension costs

The company charity participates in defined contribution arrangements for members of staff. The employer contribution rate is 6%. There was no outstanding amount at the year end.

5. Investment assets

Listed Investments at market value comprise

	2022	2021
	£	£
Unit Trusts:		
Market valuation brought forward	54,268	68,203
Gains and (losses) on revaluation of investment assets	33,336	(13,935)
Market valuation carried forward	87,604	54,268

All fixed assets investments are held in UK and are unrestricted

6. Debtors

	2022	2021
	£	£
Prepayments	1,740	2,215
Accrued Income	6,500	48,271
Other Debtors	200	200
	8,440	50,686

7. Accruals and Creditors

	2022	2021
	£	£
Accruals	38,203	43,713
Deferred Income	-	40,316
Other Creditors	-	3,002
	38,203	87,031

8. Investment income

	2022	2021
	£	£
Income from UK listed investments & interest receivable	3,658	2,347
	3,658	2,347

All income from investments is unrestricted

9. Staff Cost

	2022	2021
	£	£
Salaries	96,537	150,481
Tax and NIC	24,316	38,181
Pension	9,584	13,775
	130,437	202,438

No employee earned £60,000 or more per annum.

The average number of employees during the year was 10 and the average number of full-time equivalents employees were 6.

The trustees received no remuneration, and no expenses were claimed by them.

The average number of volunteers during the year was 51.

10. Income from Charitable Activities

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£	£
Incoming resources from charitable activities:				
London Borough of Enfield SEN	67,375	-	**67,375**	115,500
National Children's Bureau	-	5,833	**5,833**	27,704
BBC Children in Need	-	-	**-**	21,381
NHS Enfield CCG Grant	-	26,003	**26,003**	26,003
The London Community Foundation	-	-	**-**	19,957
CAF Fund	-	-	**-**	20,000
Clothworkers Grant	-	-	**-**	10,000
Active Youth Enfield, EVA	-	1,000	**1,000**	1,000
CCG Child Health	-	12,407	**12,407**	-
London Catalyst	2,500	-	**2,500**	-
Bailey Thomas	2,000	-	**2,000**	-
Big Lottery Fund, Starfish	-	135,896	**135,896**	94,809
Total income from charitable activities	**71,875**	**181,139**	**253,014**	336,354

11. Expenditure on charitable activities:

	Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
Charitable Expenses	£	£	**£**	£
Gross Wages inc. on costs	83,547	42,312	**125,859**	202,438
Sessional Workers and Consultancy	8,315	43,000	**51,315**	39,454
Recruitment Cost	400	-	**400**	-
Rent, Room Hire and Rates	29,050	-	**29,050**	23,434
Travelling and Transport	-	66	**66**	11
Office Expenses & General Running Expenses	3,591	2,869	**6,460**	5,189
Professional Fees	1,100	-	**1,100**	9,410
IT support & Computer Maintenance	4,564	194	**4,758**	39,181
Subscriptions and Learning Resources	818	-	**818**	1,887
Insurance	2,719	853	**3,572**	3,512
Training	-	250	**250**	-
Workshops and Activities	-	51,246	**51,246**	36,042
Volunteer Expenses	-	35	**35**	70
Depreciation	-	-	**-**	232
Total Charitable Expenses	**134,104**	**140,824**	**274,928**	360,860

12. Analysis of Restricted Funds:

	Incoming resources (Including Carried forward from last year	Outgoing resources	Balance at 31st March 2022
	£	£	£
Big Lottery Fund (Starfish)	135,896	95,580	**40,316**
National Children's Bureau	5,833	5,833	**-**
NHS Enfield CCG Grant	26,003	26,003	**-**
Active Youth Enfield, EVA	1,000	1,000	**-**
CCG Child Health	12,407	12,407	**-**
	181,139	**140,823**	**40,316**

Purpose:

-Youth development in communication, social and life skills

- Counselling sessions for children and young people.
- Mentoring programme to selected local Primary and Secondary Schools.
- Volunteering.
- Active youth and Improving health and wellbeing.

13. Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total Funds
	£	£	£
Fixed Assets	87,604	-	**87,604**
Current Assets	174,882	40,316	**215,198**
Current Liabilities	38,203	-	**38,203**
Net Assets as at 31st March 2022	**224,283**	**40,316**	**264,599**

14. Movement in funds

	Unrestricted funds	Designated Fund	Restricted funds	Total
	£		£	£
At 1st April 2021	96,546	152,248	-	**248,794**
Surplus/(Deficit) for the year	(57,847)	-	40,316	**(17,531)**
Gains & losses on revaluation of investment assets	33,336	-	-	**33,336**
At 31st March 2022	**72,035**	**152,248**	**40,316**	**264,599**

15. Designated funds

The directors have earmarked funds for particular purposes and these designated funds are shown above.

- Management Team Structure fund is to provide for any shortfall in management salaries.
- Admin support for EPC fund is for an admin worker to support EPC's structure.
- Volunteer Co-ordinator fund is to provide a post to support all EPC's volunteers.
- Website, IT maintenance& marketing fund is to provide support for EPC's website development, provision for new IT equipment and publicity.
- Rent fund is to provide for rent not funded by incoming resources.
- Fundraiser is to provide for the salary of staff engaged in fundraising.
- Starfish project aims to enable children to develop their communication, narrative, social and educational skills.
- SEND Service is to provide help to parents and children to convert Special Educational Statements to Education, Health and Care Plan.
- Counselling Service is to provide counselling sessions for parents whose children are in receipt counselling sessions.

EVERY PARENT & CHILD

England & Wales - Charity number 1087969

Accounts

Company No. 4226256
Charity No. 1087969

Every Parent & Child

(A company limited by guarantee)

Report and Financial Statements

For the Year Ended 31 March 2021

Community House
311 Fore Street
London N9 0PZ

Every Parent & Child

Notes to the Accounts

For the Year Ended 31 March 2021

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Every Parent & Child

Notes to the Accounts

For the Year Ended 31 March 2021

Legal & Administrative Information

Charity name	Every Parent & Child (known as EPC) (formerly Enfield Parents & Children)
Registered office and operations address	Community House 311 Fore Street London N9 0PZ
Telephone	020 8373 6243
Fax	020 8373 6324
Website	www.epandc.org.uk

Directors (also known as Trustees)

Chair	Vishnee Sauntoo
Treasurer	Sudipta Ghosh
Company Secretary	Vijay Sujan
Directors	Vishnee Sauntoo (resigned 11 February 2021) Andy Love Ingrid Cranfield Thomas Boadu Leo Meggitt Sudipta Ghosh Martin Bartlett Vijay Sujan Avishai Passman
Chief Executive	Jaspal Dhani
Independent Examiner	TACTS Accountant 81 Rayleigh Road Palmers Green London, N13 5QW
Bankers	Barclays Bank 4-6 South Mall Edmonton London N9
	CAF Bank 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

Charity registration number:	1087969
Company registration number:	4226256

Trustees' Report
Objectives and Activities

Every Parent & Child (EPC) is a well-known and respected Enfield-based charity that provides much-needed services to children, young people and families. We are valued by families, professionals and other voluntary organisations for the expert and timely advice, practical help and emotional support that we give to families. Many of our families tell us how much difference our support makes to their lives.

This report features the highlights across our services during 2020-21.

Charitable Objective
To advance the education of children resident or educated in the London Borough of Enfield and surrounding areas, regardless of culture, beliefs or language, who, because of difficulties in the school or home environment, require special assistance to help them complete their education.

We achieve this through:

- Enabling children and young people with social, emotional and mental health needs to access appropriate support.
- Informing children, young people and their families about the Special Educational Needs and Disability reforms and their entitlements.
- Engaging with children, young people and parents using our services to ensure their voice is heard when decisions affecting their lives are being made.
- Ensuring parents and carers have the knowledge to make decisions on the services and support their families' needs.
- Providing emotional and well-being support to children and young people in order that they are better able to manage their emotions and relationships within the school and external settings.

Our Mission and Vision Statements

Our Mission

EPC's mission is to enable London children and young people, particularly those with Special Educational Needs and/or Disability, to thrive and succeed in education, their families and the community, to improve their life chances.

Our Vision

Our vision is for EPC to be the recognised and trusted organisation representing the voices and aspirations of all London children and young people and to support them to learn, develop and thrive within their families and the community.

Our Services

Staff Changes during the year

We welcomed Vashisht Raya as the Young Person's Outreach Worker in July 2020. Vashisht has continued to build on the work developed by his predecessor, Rachelle Malcolm, providing support to post-16 learners with accessing education, training and local opportunities and capacity building their life skills.

We were sad to say goodbye to Louise Alltimes, who managed the My Time Counselling service. Louise started in the service as a volunteer Counsellor before transitioning to the Co-ordinator role. Following a round of interviews, Pauline Walker took over the My Time Counselling Co-Ordinator role between October 2020 and February 2021, when the funding stopped for the service.

We were also sad to say goodbye to Lina Parmar, who managed the SENDIASS for two years. Lina resigned at the beginning of August 2020. We appointed Loraine Hardy as the new SENDIASS Strategic Lead/Manager but Loraine resigned for personal reasons in January 2021.

Finally, we were sorry to say goodbye to Renata Carlet, our Volunteer Co-ordinator, who resigned for reasons of her health. Renata began her career with EPC in 2011 as a volunteer co-facilitating the parenting course. In 2016, Renata took on a paid role as the Volunteer Co-ordinator.

Special Education Needs and Disability Information, Advice and Support Service (SENDIASS) & Independent Support (IS)

SEND Information, Advice and Support Service (SENDIASS) is a statutory service commissioned by the London Borough of Enfield in accordance with the SEND Code of Practice 2015. It operates independently of the Local Authority. It provides impartial, confidential information, advice and support to children and young people aged between 0 and 25 years who have, or may have, SEN or a disability and to parents of children and young people with SEND. The service also facilitates parents' and young people's engagement in decision-making about special educational needs, provision and policies. Our parents' and young people's steering groups have continued to meet and advise the service on how to best reach families in the community.

During the last 12 months, the SENDIASS faced its greatest challenge; operating during the Covid-19 pandemic and lockdown. Despite these challenges, the SENDIASS team has had an extremely busy year. The demand for our services has rocketed and the team worked tirelessly to meet the demands and requests for assistance from our service users.

The service continued to be supported by the Council for Disabled Children (CDC) with a grant of £27,882 to supplement the service and deliver key initiatives, which are briefly described below. The continued support from CDC is a great endorsement of our service and recognises the ongoing achievements of the service.

Some highlights from the year include:

- Social Action project involving young people with SENDIAS. The young people were able to express their concerns about independent living, future goals, access to opportunities in their local communities, and to present a Call to Action to local service providers.

- Employment Skills Workshops, where young people with SEND were able to learn communication and organisation skills, dealing with stress, basic office admin & social skills.

- We continued to provide online video-based workshops for parents/guardians and young people with a focus on understanding SEND legislation, the EHCP process, responding to risk or actual exclusions from schools, and understanding the Tribunal process. We thank Adopt North London and Enfield Virtual Schools for their support in delivering the workshop to families with adopted children.

- In partnership with Our Voice and supported by Enfield Thrives Together, we published the Summer Support Pack for Parents/Carers of Children with SEND. This resource provided invaluable information on local activities during the depth of the lockdown. With funding from the Children's Centre, we were able to run the Summer Picnic in the Park programme, enabling children and young people to meet and have fun together.

Despite the lockdown, the SENDIASS continued to offer a full casework service. During the year, the service:

- Received 629 referrals, of which 376 were closed, with the remainder receiving ongoing support.

- Supported 19 Annual Reviews.

- Supported 410 families with checking/reviewing draft plans, paperwork and providing admin support.

- Managed 1,100 telephone enquiries.

- Managed 700 email enquiries.

- Managed 1,300 combined telephone and email enquiries.

My Time Counselling Service

Funded by BBC Children in Need, My Time Counselling is entering its final year of funding. The service offers counselling support for children aged from 5 to 18, drawing from a wide range of therapeutic modalities, including integrative approaches, person-centred, psychodynamic psychotherapy, humanistic therapy and arts and drama therapy, all age-appropriate and delivered by our volunteer counsellors and psychotherapists.

Because of the lockdown, My Time took the decision to move all sessions online. The transition took some time to complete, as due diligence was needed for safeguarding and management of volunteers and clients. Challenges also came from the training institutes, as some would not allow their therapists to work online, so this narrowed the number of therapists available to us. Challenges also arose from parents who were not keen to engage with the service remotely.

Although the service is normally term-time, we kept it operating throughout the summer holidays to ensure that children/young people were supported through the early stages of the lockdown. 33 children and five parents were supported throughout the year. The Sessional Worker undertook outreach work to maintain contact with young people with SEND. This helped to support their mental well-being, by providing a point of contact and peer support over Zoom. Further therapeutic work was maintained through phone calls/cards/messages to the children from their therapists.

All children/parents with whom the service works are disadvantaged. As an indication, 21% had behavioural/psychological difficulties, 30% had stress/high levels of anxiety, 15% had low self-esteem/confidence issues, 18% had depression/isolation issues, and 15% had difficulties with regulating and showing emotions. Covid-19 and lockdown have greatly increased the levels of all the above difficulties in the 33 children/young people seen during the year.

Children were worried about their future and when they would be able to see friends and other family members. A large percentage of children/young people had the following life experiences, which contributed to their difficulties:

- abuse
- neglect
- living in poverty
- mental illness, including perinatal mental ill health, and
- social pressures.

We have been supporting more children with early stages of mental ill health, who have been exhibiting early signs of depression, anxiety or self-harm at school and home. The referrals from CAMHS have increased for children and young people who do not meet the threshold, or as an intervention prior to accessing CAMHS.

Starfish

The Starfish Project enables children to develop communication, social and life skills in order to participate fully in school and their community and reach their full potential. Starfish has six pathways, with differing levels of targeted support for primary-age children. We also train Year 12 students as peer mentors, provide play therapy for referred children and work with parents to support their children.

***1. Aspire & Shine**:* The focus of the Aspire & Shine pathway is on communication skills. Children are encouraged to work collaboratively and to participate fully. Creativity, enthusiasm, imagination and freedom of expression are encouraged, and children learn the skills to be able to speak up and give their opinions. Developing children's speaking skills is vital for success, not only academically but also to be able to express themselves socially and emotionally.

We are maintaining the schedule of delivery with the next group of schools, despite the November and January to March lockdowns. The programme was completed in four schools before Christmas and six more schools received the sessions in the Spring and Autumn terms. Since the November lockdown, there have been some issues with schools being closed and class groups isolating due to Covid-19 cases. However, we rescheduled these and completed delivery. 300 children have participated in Aspire & Shine this year and the feedback has been universally extremely positive.

2. Peer Mentoring: Because of the Covid-19 restrictions precluding Year 12 students from visiting primary schools, the Mentoring Co-ordinator has delivered one-to-one mentoring to Year 5 children this year. The Co-ordinator has worked with Year 12 students on UCAS personal statements, volunteering experience, etc., via phone and Zoom.

During the Autumn term, the Co-ordinator mentored four Year 5 children, who had been identified as at risk of social exclusion, at Hazelbury Primary School. The programme focused on raising self-esteem, managing friendships and developing positive peer relationships, as well as developing resilience and confidence alongside social skills. Mentoring activities were varied and stimulating and included role play, art therapy, visualisation techniques, meditation, counselling therapy techniques and mindfulness strategies. The Mentoring Co-ordinator was able to develop an excellent rapport with the children and feedback from teachers showed good to significant impact from the programme.

During Spring term, the lockdown prevented the Mentoring Co-ordinator from going into schools, so she produced weekly resources and activities online. The activities encouraged self-mentoring as well as communication with family and peers at home. Feedback from head teachers was extremely positive; they described the resources as extremely helpful and well planned. The Mentoring Co-ordinator planned resources to follow wider school events, such as National Poetry Week, and self-mentoring activities on friendships and peer relationships, before children returned to school after lockdown.

The Co-ordinator has mentored four Year 5 students at Bowes Primary School who had been identified as at risk of social exclusion. She has also been able to support an additional group of five girls with a focus on managing friendships and conflicts within the group. Feedback from teachers has shown that the programme has significant impact.

3. Family Learning Pathway: During the Autumn term, we delivered small group work to children in Year 6 who were struggling to meet expectations and lacked confidence. In the Spring and Summer term we delivered maths support sessions to parents via Zoom. We are looking at continuing to deliver via Zoom next year and offer a Saturday session for working families.

***4. Young Leaders Pathway*:** The Young Leaders Pathway is being delivered in Fleecefield and St John and St James schools, with 24 children participating in each school. The primary focus of the programme is the development of leadership skills and instilling a sense of confidence to take a leadership role. A clear understanding of what good leadership looks like is demonstrated through the challenges and activities set throughout the day. The children are encouraged to self-identify their own good leadership traits, with the facilitator encouraging self-management and independence.

Feedback from the children and schools has been extremely positive. The children find the days hugely enjoyable and fun, as well as extremely meaningful in terms of their ability to take on a leadership challenge in their school. Fleecefield pupils are currently pitching their ideas to develop a reflection area in the school grounds as an area for pupils to share their experiences of the past year and the pandemic.

***5. Storytellers Pathway*:** Delivery is on schedule and completed in two schools, with a third school scheduled for the Summer term. The project manager and peer manager will continue to deliver the Storytellers Pathway next year.

6. Play Therapy: Play therapy continued in all the Starfish schools and we increased the number of blocks of therapy to three per year. We utilised the Year 1 therapy budget, as we had not been able to start delivery in Year 1 owing to the March 2020 lockdown. We were able to deliver block 1 of 8 sessions in the Autumn term and reschedule block 2 of 8 sessions in the Spring term. Currently, block 3 is running over six weeks owing to earlier rescheduling and school closure. Some schools started a little later in the term because of Covid-19 outbreaks and the children self-isolating.

We have 18 children receiving play therapy in any one block. Some children have been re-referred for more than one block but this is assessed on a case-by-case basis.

The Counselling Co-ordinator arranges regular progress meetings with all school leads mid-way through each child's block of therapy to monitor how the sessions are progressing, what general themes are arising and to provide a communication and feedback avenue for schools. Confidential information between the child and play therapist is not discussed or reported on and stays in the room between them. The only exception to this is if there is a safeguarding concern and then the play therapist will use the school and EPC's safeguarding procedure to report and log the concern.

EPC Volunteering Service

Volunteers continue to play a crucial role in the delivery of EPC services, and we owe a great deal of gratitude to all volunteers. Owing to the Covid-19 lockdown, almost all of our volunteers had to stop their engagement with the service; however, one volunteer, Roz Jones, continued to provide telephone

support to the SENDIASS team on a weekly basis. Also, we must recognise the ongoing support and work of the Trustees, who continue their dedication to the service by providing support to the CEO and other staff.

Enfield Parent Infant Partnership

We have maintained our partnership with the Enfield Parent Infant Partnership (EPIP). EPIP is a therapeutic service working with parents/carers and their babies together in cases where there is a concern that a fractured or insecure relationship may develop because of a number of identified risks. These risks include post-natal depression and anxiety, other mental health presentations, adjustment to parenthood, traumatic birth experiences, loss of a previous child, trauma and adverse life experiences, previous children having been removed from parents' care, babies born with additional or complex needs and parents having struggled to bond with previous babies. The EPIP service offers parents the opportunity of a better start to their lives as new parents, which in turn helps to grow more secure, content and confident children and encourages a happy and reciprocal relationship between parents and their babies.

EPIP works very closely with other agencies, particularly the Perinatal Mental Health Service, health visitors, children's centres and Social Care, all of which also refer into the service.

Investment in Information and Communication Technology

Thanks to lessons learnt from the Covid-19 lockdown, we were able to identify the need to upgrade our technology to future-proof all services of EPC. We were able to employ a freelance fundraiser on a short-term basis to help raise the much-needed funds to update our tired technology infrastructure. We take this opportunity to thank The Clothworkers Foundation, Awards for All and CAF Foundation for their combined donation of £30,000, which has enabled us to update the office server and computers and software. The new technology will enable staff to work remotely and seamlessley.

Looking ahead to 2021–2022

Covid-19 has been a disrupter in every one's life, but at the same time it has created opportunities to learn from and develop systems and processes to continue the delivery of services. Despite the lockdown, EPC continued to deliver across its services without much disruption and deploy new ways of reaching out to clients. Going forward, we will continue to deliver our services face-to-face and remotely over video highways. We have found that a blend of outreach models enables greater participation from our clients.

We will continue to explore new funding opportunities to develop projects responding to community need, strengthen governance, recruit new volunteers and invest in staff development. We will also build on the feedback obtained from the young people to develop new initiatives that promote greater opportunity for young people with SEND.

Structure, Governance and Management

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 31 May 2001 and registered as a charity on 10 August 2001. The company was established under a Memorandum of Association that defined the objects and powers of the charitable company. It is governed under its

Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

The Charity was established in 1996 as Enfield Parents Centre.

Recruitment and appointment of members of the Board of Directors

The Directors of the company are also Charity Trustees for the purposes of Charity Law. The Board tries to ensure that it reflects the diversity and needs of the community that is being served, by using a variety of avenues for recruitment. These include approaching individuals with particular skills via the Enfield Volunteer Centre and the national Do-It.org website and approaching the Charity's service users via the Charity's website and mailings. The Directors are appointed by members of the company.

Directors' induction and training

The Charity has an information pack for new trustees, and prospective trustees are interviewed by the Chief Executive and Chair. They are offered support prior to attending their first Board meeting, to explain the duties and responsibilities of Trustees. The Charity takes up training on governance offered by local and national organisations. Trustees may also attend conferences on governance.

Risk management

The Trustees and staff reviewed the updated risk register and the measures taken to manage or alleviate the key risks. As reported last year, funding and sustainability are still a real challenge for the Charity for the medium term and are a serious constraint on our work.

Organisational structure

The Charity has a Board of not fewer than three nor more than 16 Trustees. The Trustees meet approximately every six weeks to review and agree major areas of policy and the strategic direction of the Charity. At present, the Board has seven members from a variety of professional backgrounds.

A scheme of delegation is in place and the day-to-day responsibility for the provision of services rests with the Chief Executive. He manages the operations of the Charity, supervises the staff and ensures that the teams continue to develop their skills and working practices. The operations of the Charity are reported to the Board through reports on projects and the Chief Executive's reports and periodic attendance and presentations by project leaders.

Responsibility for reviewing key areas and reporting to the Board is taken by committees consisting of two or three trustees and with responsibility for different areas, such as governance and finance, which meet between the Board meetings or as required.

Volunteers are supervised by the service leads.

Pay policy for senior staff

The Board of Trustees is responsible for defining EPC's Management Pay Policy and deciding on the salaries of the Chief Executive, managers and staff salaries.

It is essential for EPC to have leaders who bring professional expertise, significant leadership experience and strong capability to develop and grow the organisation to further enhance its reputation in the Borough and beyond. The pay for the management is benchmarked against pay levels in other voluntary sectors in Outer London.

All the Trustees give their time freely and no Trustee received remuneration in the past year. Details of Trustees' expenses and related party transactions are disclosed in notes 4 and 5 on page 19 & 20.

Related parties

The Charity works in partnership with Enfield's Clinical Commissioning Group, Children's Services, the SEND Board and other professionals in the Local Authority, as well as the voluntary and community sector.

EPC also provides a representative to sit on the Board of Trustees of Enfield Voluntary Action.
None of our directors receives remuneration or other benefit from their work with the Charity. There is no connection between Trustees or senior managers of the Charity with suppliers of services to the Charity.

Public benefit

The Trustees confirm that they have paid due regard to the guidance given by the Charity Commission on public benefit in deciding what activities the Charity should undertake. The Trustees have concluded that the activities carried out by the charity have fulfilled the public benefit requirement.

Financial Review

With the continuing challenging economic circumstances, income has increased to £365,991 compared to £320,957 in 2019 - 2020. Enfield Council has agreed to award an extension to the SENDIASS contract. This ensures that the SENDIASS will run until 31 August 2021.

The Board had decided to designate reserves for our Volunteer Service to ensure that we maintain the standards required by Investors in Volunteers, as well as maintaining the management structure to ensure that the Charity continues to run smoothly and in compliance with Charity Law. Looking forward, we aim to secure funding to continue and grow our service. In line with this, the Board designated reserves to employ a part-time fundraiser.

Our principal source of income remains the London Borough of Enfield's Schools and Children's Services, with whom we have a close relationship, in particular running the statutory SENDIASS.

Investment Policy

Investment objectives

The Charity has assets which are invested to provide unrestricted income.

The Charity seeks to produce the best financial return within an acceptable level of risk, which balances the likelihood of losses that may damage the Charity against the potential for benefit and a good return on investment. The Board will ensure it looks at the risk, ethical and time horizon factors in making investment decisions. It will also require regular reporting and monitoring of the investments to be submitted at board meetings.

In the previous reporting year, the Trustees took the decision to invest £74,000 of unrestricted reserves in to COIF Charities Ethical Investment Fund provided by CCLA and The Charity Multi-Asset Fund provided by Schroders. This investment has yielded £2,347 for the year.

Reserve's policy and going concern

The reserves policy is to hold six months' running costs as free reserves. Free reserves are those funds not tied up in fixed assets or held as designated or restricted funds. Free reserves are held to ensure the continuity of educational services and, given the relative uncertainty of future funding and the long-term viability of the Charity, adequate funds are available to cover the running costs for six months.

Six months' running costs are calculated as £180,430. The Trustees and management are pleased that the reserves are at the desired level and have decided to use the reserves to invest in further services for our beneficiaries in the forthcoming year. The Trustees are of the view that EPC is a going concern.

This report has been prepared in accordance with the provisions in part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime.

Approved by the Board on Tuesday 20th July 2021 and signed on its behalf by:

Ingrid Cranfield.....Director
For and on behalf of the Board of Directors

Independent Examiner's Report to the Trustees of Every Parent & Child.

I report on the accounts of the company for the year ended 31 March 2021 set out on pages 14 to 24.

Respective responsibilities of trustees and examiner

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of The Institute of Chartered Accountants in England and Wales.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention to indicate that:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006
- the accounts do not accord with such records
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.

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Date: 20/07/2021

Chartered Certified Accountant

TACTS Accountant, 81 Rayleigh Road, London N13 5QW

Every Parent & Child

Notes to the Accounts

For the Year Ended 31 March 2021

Statement of Financial Activities (including Income and Expenditure Account)

	Note	Unrestricted funds	Restricted funds	Total funds 2021	*Total funds 2020*
		£	£	£	*£*
INCOME FROM:					
Donations and legacies		2,294	-	**2,294**	*7,988*
Charitable activities:					
Grants receivable	2	168,705	116,691	**285,397**	*283,992*
Release of provision no longer required		24,996	-	**24,996**	*24,996*
Other income		19,957	31,000	**50,957**	*-*
Investments	3	2,347	-	**2,347**	*3,981*
TOTAL INCOME		**218,299**	**147,691**	**365,991**	*320,957*
EXPENDITURE ON:					
Charitable activities:					
Enfield SEND IASS & IS (EPPS)		197,527	-	**197,527**	*198,734*
Family Support & Volunteering Service		4,656	-	**4,656**	*9,782*
Starfish		-	81,344	**81,344**	*62,465*
Transition & Preference Service		-	-	**-**	*-*
Training & Counselling Service			68,940	**68,940**	*59,142*
Governance		8,393		**8,393**	*9,291*
TOTAL EXPENDITURE	4	**210,576**	**150,284**	**360,860**	*339,414*
Net expenditure before gains on investments		**7,723**	**(2,593)**	**5,130**	*(18,457)*
Transfers between funds		(2,593)	2,593		
Net expenditure before(losses)/gains on investment		5,130	()	**5,130**	*(18,457)*
Net gains on investment assets	9	(13,935)	-	(13,935)	*(26,878)*
Net movement in funds for the year		**(8,805)**	**()**	**(8,805)**	*(45,335)*
Reconciliation of funds					
Total funds brought forward		257,599	-	**257,599**	*302,934*
Total funds carried forward	14	**248,794**	**()**	**248,794**	*257,599*

Every Parent & Child

Notes to the Accounts

For the Year Ended 31 March 2021

Balance Sheet

	Note	2021 £	*2020 £*
Fixed assets			
Tangible assets	8	-	*232*
Investments	9	54,268	*68,203*
Total fixed assets		**54,268**	*68,435*
Current assets			
Debtors	13	50,686	*9,209*
Short term deposits		-	*-*
Cash at bank and in hand		227,376	*285,801*
Total current assets		**278,062**	*295,010*
Creditors: Amounts falling due within one year	11	**(83,536)**	*(105,846)*
Net current assets		**194,526**	*189,164*
Total assets less current liabilities and total net assets	10	**248,794**	*257,599*
The funds of the charity:			
Unrestricted funds			
General funds		96,546	*115,351*
Designated funds		152,248	*142,248*
Total unrestricted funds		**248,794**	*257,599*
Restricted income funds			*-*
Total charity funds	14	**248,794**	*257,599*

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime.

Approved by the Board on 20th July 2021 and signed on its behalf by:

.....

Ingrid Cranfield
Director

.....

Sudipta Ghosh
Director

Notes to the Accounts

1. Accounting policies

Basis of accounting
The accounts (financial statements) have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The charity constitutes a public benefit entity as defined by FRS 102.

The accounts have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for twelve months from authorising these accounts and have decided that the charity is able to continue as a going concern.

Income recognition
All income is recognised once the charity has entitlement to the income, there is sufficient certainty of receipt and so it is probable that the income will be received, and the amount of income receivable can be measured reliably. Grant income received in advance of the period to which they are intended are deferred to that period.

Expenditure recognition
Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that a settlement will be required, and the amount of the obligation can be measured reliably.

All expenditure is accounted for on and accruals basis and is inclusive of VAT.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include independent examination fees and costs linked to the strategic management of the charity. Governance costs which cannot be allocated directly are apportioned on an appropriate basis.

Fund accounting
Unrestricted funds are grants, donations and other incoming resources receivable for the objects of the charity without further specified purpose and are available as general funds.

Restricted funds are grants, donations and other incoming resources which are to be used for specific purposes as laid by the donor. Expenditure which meets these criteria is charged to the fund.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

Fixed assets
Tangible fixed assets are stated at cost less accumulated depreciation. If the cost of a fixed asset is below £500 it is not capitalised.

Depreciation is provided at rates calculated to write off the cost of each asset, less its estimated residual value, over the useful economic life of that asset as follows:

Office furniture	20% straight line
Equipment	20% straight line
Computers	33.33% straight line

Investments
Fixed asset investments are included at market value. Any gain or loss on revaluation of disposal is included in the statement of financial activities.

Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discounts offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Short term deposits
Short term deposits are deposits with a maturity date of one year or less from the date of acquisition.

Creditors
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Financial instruments
The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Pension costs
The costs of the defined contribution arrangements are charged to the SOFA as incurred.

Operating leases
Rentals payable under operating leases are charged to the Statement of Financial Activities as incurred over the term of the lease

Continued...

2. Grants receivable

	Unrestricted	Restricted	Total 2021 £	*Total 2020 £*
Education Service				
Enfield SEND IASS (EPPS)				
London Borough of Enfield	115,500	-	**115,500**	*113,013*
National Children's Bureau	27,704	-	**27,704**	*55,408*
Community Fund	19,957	-	**19,957**	-
CAF		20,000	**20,000**	-
Clothworkers Grant		10,000	**10,000**	-
Active Youth Enfield		1,000	**1,000**	-
Training & Counselling Service				
NHS Enfield	4,160	21,843	**26,003**	24,442
PIP UK	-	-	**-**	-
BBC CIN	4,276	17,105	**21,381**	*27,486*
Starfish Project				
NHS Enfield	-		**-**	*8,500*
National Lottery	17,066	77,743	**94,809**	-
	188,662	**147,691**	**336,354**	*228,849*

3. Income from investments

	Total 2021 £	*Total 2020 £*
Income from UK listed investments	-	*3,553*
Bank interest receivable	2,347	*1,279*
	2,347	*4,832*

All income from investments is unrestricted.

4. Analysis of expenditure on charitable activities

	SEND Information Advice Support Service £	Volunteering Service £	Starfish £	Training & Counselling Service £	Governance £	Total 2021 £	*Total 2020 £*
Costs directly allocated to activities							
Staff costs	95,909	4,097	42,200	24,945	6,500	**173,652**	*164,095*
Volunteer costs	70				-	**70**	*563*
Training	-				-	**-**	*1,396*
Equipment & computer maintenance	26,235	476	1,713	7,180	-	**35,604**	*3,833*
Insurance	1,986		611	418	-	**3,015**	*2,402*
Subscriptions and books	1,887				-	**1,887**	*799*
Printing, postage and stationery	1,567	4	253	333	-	**2,156**	*2,532*
Telephone	1,337	78	14	254	-	**1,684**	*1,067*
Rent, room hire and services	17,067		954	4,459	85	**22,565**	*20,685*
Travelling				11	-	**11**	*247*
Independent Examiner's fee					1,100	**1,100**	*3,500*
Workshops	592		14,983	19,049	-	**34,624**	*24,615*
Miscellaneous	140		131		710	**981**	*490*
Professional fees						**-**	*-*
Depreciation	232				-	**232**	*232*
	147,023	**4,656**	**60,859**	**56,649**	**8,393**	**277,579**	*226,456*
Analysis of support costs(management)							
Staff costs - finance and administration	36,444	-	15,185	9,111	-	**60,740**	*85,471*
Volunteer costs	-	-	-	-	-	**-**	*709*
Training	-	-	-	-	-	**-**	*653*
Equipment and computer maintenance	2,146	-	894	536	-	**3,577**	*1,058*
Insurance	298	-	124	75	-	**497**	*613*
Subscriptions and books	-	-	-	-	-	**-**	*638*
Publicity and Fund Raising	4,500	-	1,875	1,125	-	**7,500**	*2,007*
Postage, printing and stationery	110	-	46	27	-	**183**	*403*
Telephone	16	-	7	4	-	**26**	*158*
Rent, room hire and services	522		217	130	-	**869**	*8,801*
Travelling	-	-	-	-	-	**-**	*135*
Workshops	-		-	-	-	**-**	*3,280*
Miscellaneous	1,482	-	60	36	-	**1,579**	*291*
Professional fees	4,986		2,078	1,247		**8,310**	*8,741*
	50,504	**-**	**20,486**	**12,291**	**-**	**83,281**	*112,958*
Total expenditure	**197,527**	**4,656**	**81,344**	**68,940**	**8,393**	**360,860**	*339,414*

Support and governance costs are apportioned to charitable activities on a consistent and rational basis.

Continued...

4. Analysis of expenditure on charitable activities (*continued*)

	2021 £	*2020 £*
Staff costs:		
Salaries and wages	179,001	*227,204*
Social security costs	13,301	*11,323*
Pension costs	10,136	*10,864*
Staff travel, training and recruitment	-	*175*
	202,438	*249,566*

No employee earned £60,000 or more per annum.

The average number of employees during the year was 10 and the average number of full-time equivalent employees was 6.

The trustees received no remuneration, and no expenses were reimbursed to them.

The average number of volunteers during the year was 51.

5. Related party transactions

There were no related party transactions that require disclosure during the year.

6. Net expenditure for the year

	2020 £	*2020 £*
This is stated after charging:		
Depreciation	232	*231*
Independent Examiner's fee	1,100	*3,500*

7. Taxation

The charity has no corporation tax liability because income from its activities is in pursuance of its charitable objectives and all income is applied for charitable purposes.

8. Tangible fixed assets

	Office furniture	Equipment	IT/Computer equipment	Total
	£	£	£	£
Cost				
At 1 April 2020	8,088	1,622	8,779	18,489
At 31 March 2021	**8,088**	**1,622**	**8,779**	**18,489**
Depreciation				
At 1 April 2020	7,856	1,622	8,779	18,257
Charge for the year	232	-	-	232
At 31 March 2021	**8,088**	**1,622**	**8,779**	**18,489**
Net book value				
At 31 March 2021	**-**	**-**	**-**	**-**
At 31 March 2020	*232*	-	-	*232*

9. Investments

	2021	*2020*
	£	£
Listed investments		
UK unit trusts:		
Acquisitions at cost	68,203	95,081
Net gains during the year	(13,935)	(26,878)
Value at end of year	**54,268**	**68,203**

All investments are held in unrestricted funds.

10. Debtors

	2021	*2020*
	£	£
Prepayments	2,215	*1,833*
Other debtors	48,471	*18,304*
	50,686	*20,137*

11. Creditors: amounts falling due within one year

	2021	2020
	£	£
Deferred income (note 12)	40,316	40,316
Other creditors and accruals	43,714	62,058
Taxation and social security	(494)	3,472
	83,536	105,846

12. Deferred income

Balance at 1 April 2020	40,316
Amount released to incoming resources	(40,316)
Amount deferred in period	40,316
Balance at 31 March 2021	**40,316**

Deferred income comprises grants received in advance of the period to which they are intended.

13. Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Fixed assets	54,268	-	**54,268**
Current assets	278,062	19,957	**278,062**
Current liabilities	(83,536)	-	**(83,536)**
Net Assets at 31 March 2021	**248,794**	**19,957**	**248,794**

Continued...

14. Statement of funds

	At 1 April 2020	Incoming resources	Outgoing resources	Transfers	At 31/3/2021
Unrestricted funds					
General funds	**115,351**	**198,342**	**(87,264)**	**(129,884)**	**96,546**
	115,351	**198,342**	**(87,264)**	**(129,884)**	**96,546**
Designated funds					
Management team structure	62,014		(62,014)	67,014	**67,014**
Admin support for EPC	19,495		(19,495)	19,495	**19,495**
Volunteer Co-ordinator	11,539		(11,539)	11,539	**11,539**
Website, IT maintenance & marketing	15,150	-	(15,150)	15,150	**15,150**
Rent	29,050	-	(29,050)	29,050	**29,050**
Fundraiser	5,000	-	-	5,000	**10,000**
Total designated funds	**142,248**	**-**	**(137,248)**	**147,248**	**152,248**
Total unrestricted funds	**257,599**	**198,342**	**(224,512)**	**17,364**	**248,794**
Restricted funds					
Training and Counselling Service	-	89,905	(68,940)	(20,965)	-
Starfish	-	77,743	(81,344)	3,601	-
Total restricted funds	**-**	**167,648**	**(150,284)**	**(17,364)**	**-**
Total funds	**257,599**	**365,991**	**(374,796)**	**-**	**248,794**

Designated funds

The directors have earmarked funds for particular purposes and these designated funds are shown above.

-Management Team Structure fund is to provide for any shortfall in management salaries.

-Admin support for EPC fund is for an admin worker to support EPC's structure.

-Volunteer Co-ordinator fund is to provide a post to support all EPC's volunteers.

-Website, IT maintenance& marketing fund is to provide support for EPC's website development, provision for new IT equipment and publicity.

-Rent fund is to provide for rent not funded by incoming resources.

Fundraiser is to provide for the salary of staff engaged in fundraising.

Continued...

- Starfish project aims to enable children to develop their communication, narrative, social and educational skills.
- SEND Service is to provide help to parents and children to convert Special Educational Statements to Education, Health and Care Plan.
- Counselling Service is to provide counselling sessions for parents whose children are in receipt counselling sessions.

Restricted funds

- Training and Counselling Service is to provide counselling sessions for children and young people between the ages of 5-18.
- Mentoring - service to provide mentoring programme to selected Primary and Secondary Schools around the area.

15. Pension costs

The charity participates in defined contribution arrangements for members of staff. The employer contribution rate is 6% and the cost for the year was £10,864. There was no outstanding amount at the year end.